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MASSAGENERD.COM

Presents - *Part 2 of 3*

350+ Swedish Massage Techniques

& Others



By

Ryan Hoyme
CMT, NCTMB, HST

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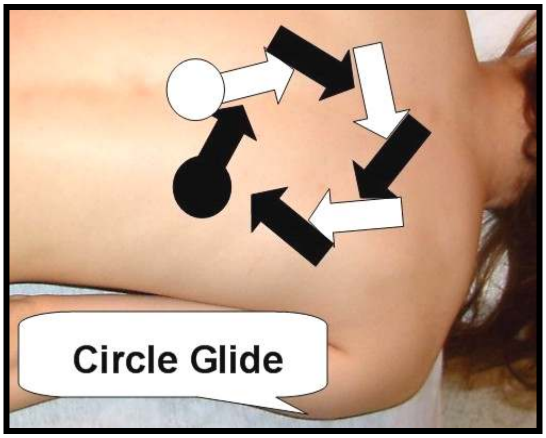
All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

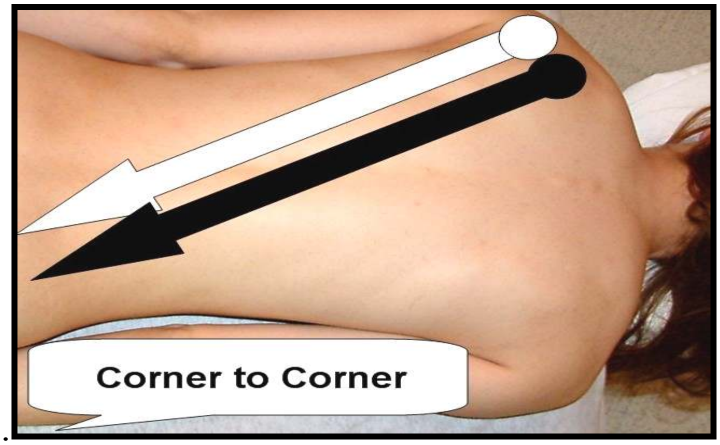
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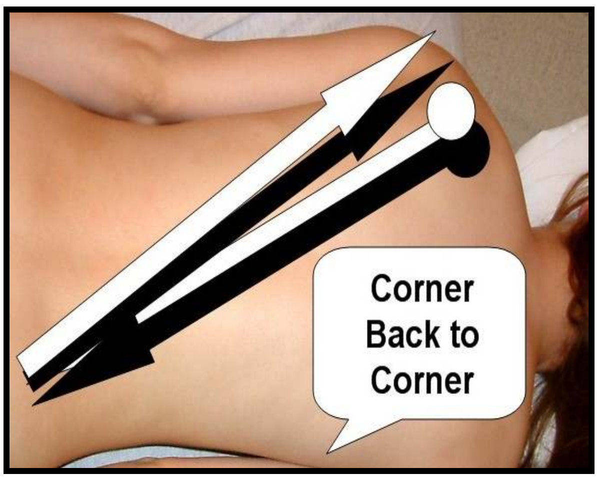
EFFLEURAGE

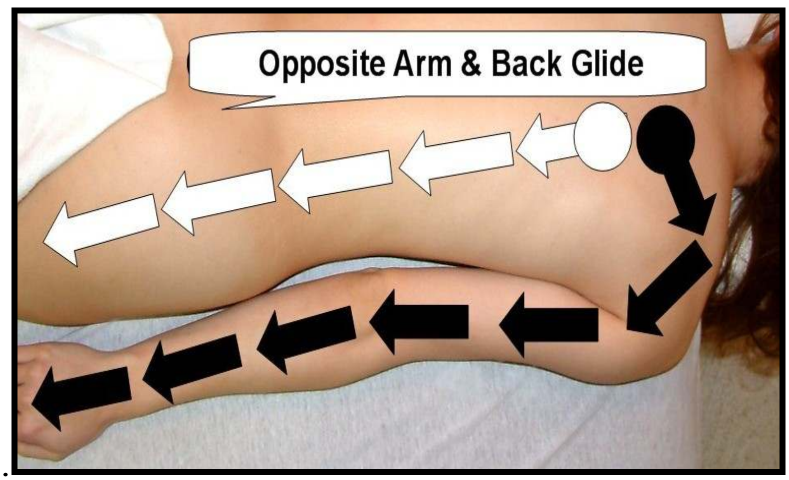
A. 

B. 

A. (Start at their side) Alternate gliding hands in a circle pattern.

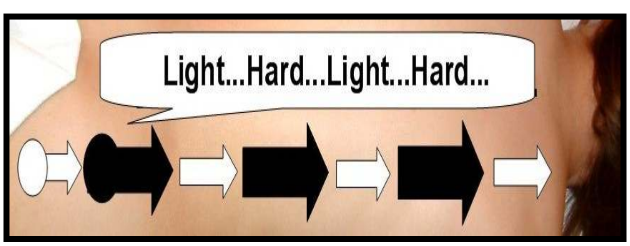
B. (Start at their shoulder) Glide from their shoulder to opposite side of their lower back.

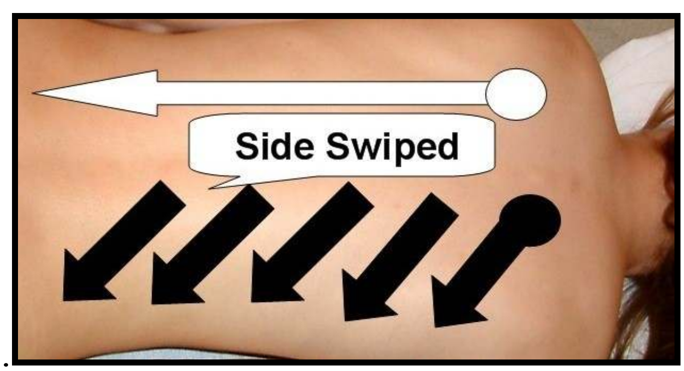
A. 

B. 

A. (Start at their shoulder) Glide from their shoulder to opposite side of their lower back. Then, glide back from their back to their shoulder.

B. (Start at their side) Alternate hands going in opposite directions.

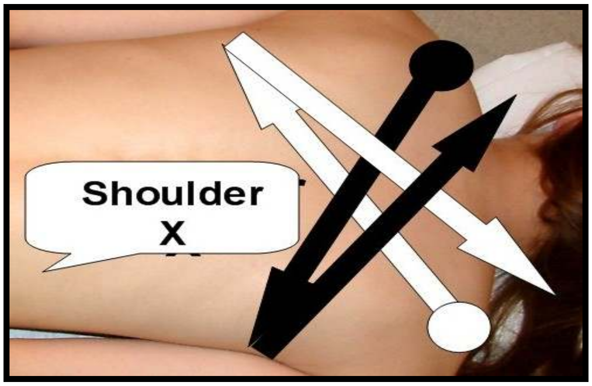
A. 

B. 

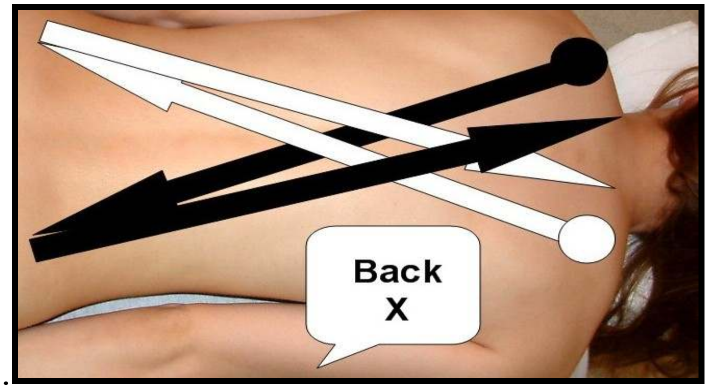
A. (Start at their low back) Alternate hands and alternate the pressure.

A. (Start at their shoulders) One hand slides and the other hand swipes out.

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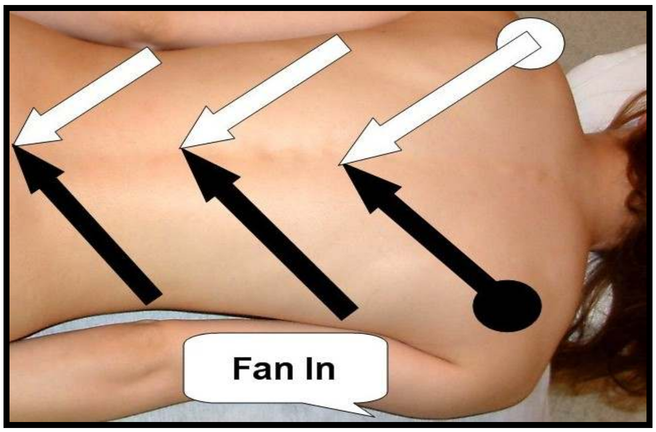


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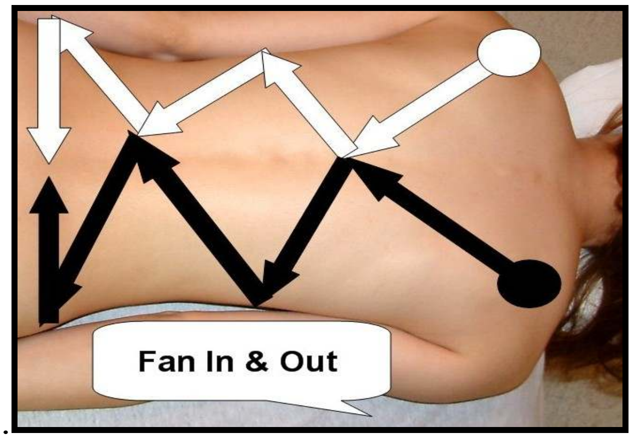


B.

A. (Start at their shoulders) Cross your hands as you go down their mid back.
B. (Start at their shoulders) Cross your hands as you go down to their back.

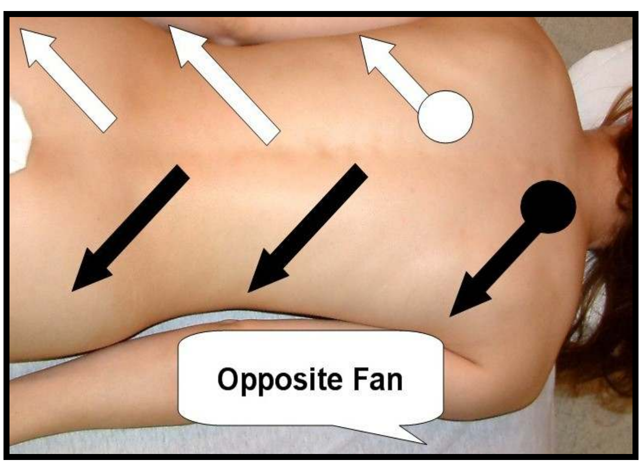


A.

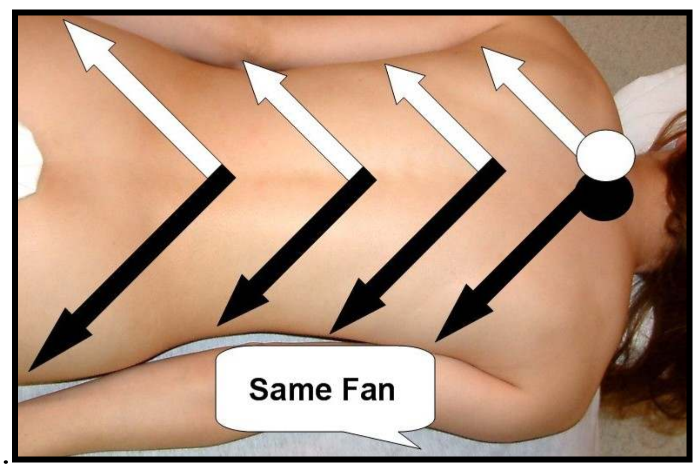


B.

A. (Start at their shoulders) Meet at an angle.
B. (Start at their shoulders) Glide in and out as you go down their back.



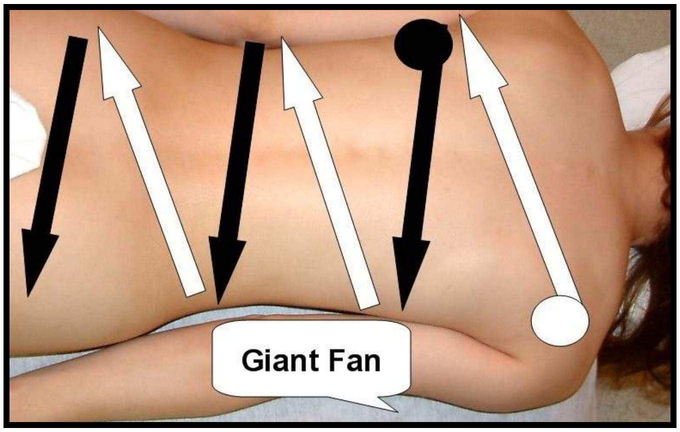
A.

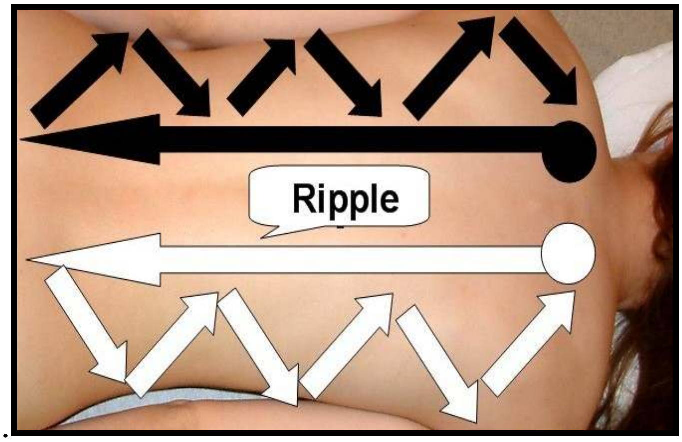


B.

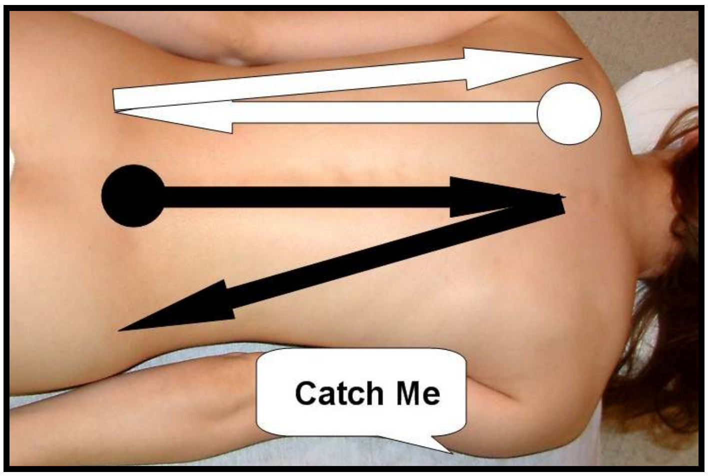
A. (Start at their shoulders) Alternate your hands as you go down their back.
B. (Start at their shoulders) Keep your hands together and separate them a few times out their back.

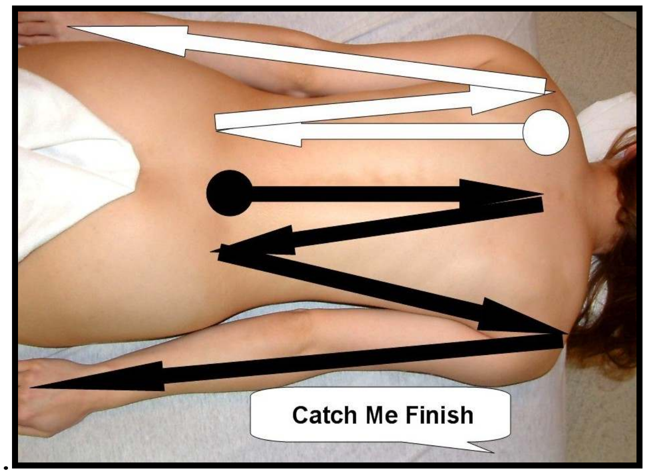
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A.


B.


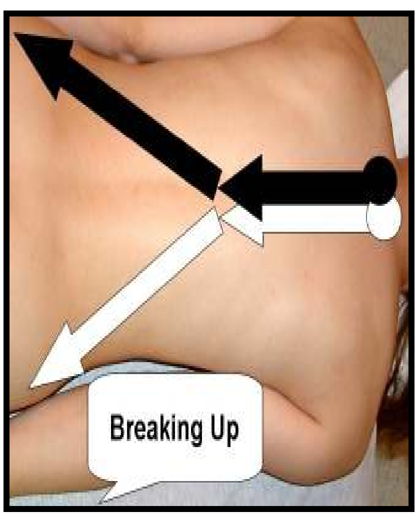
A. (Start at their shoulders) Alternate hands as you go down their back.
B. (Start at their shoulders) Glide down their back and swipe your hands back and forth as you come up their back.

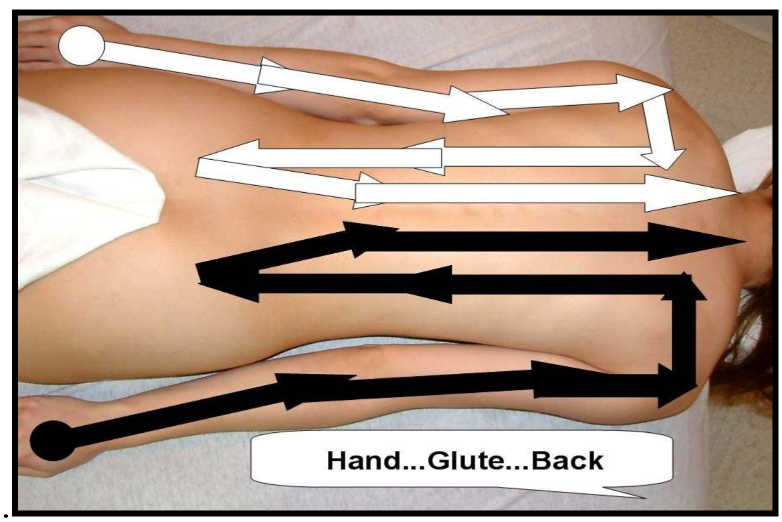
A.


B.


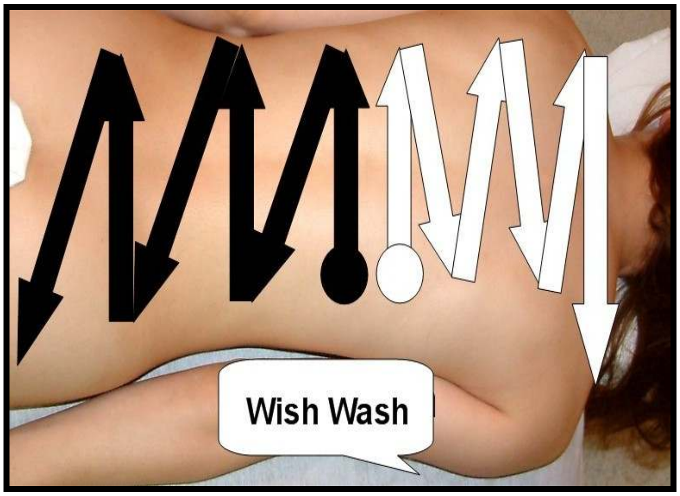
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A. (Start at their side)
B. (Start at their side)

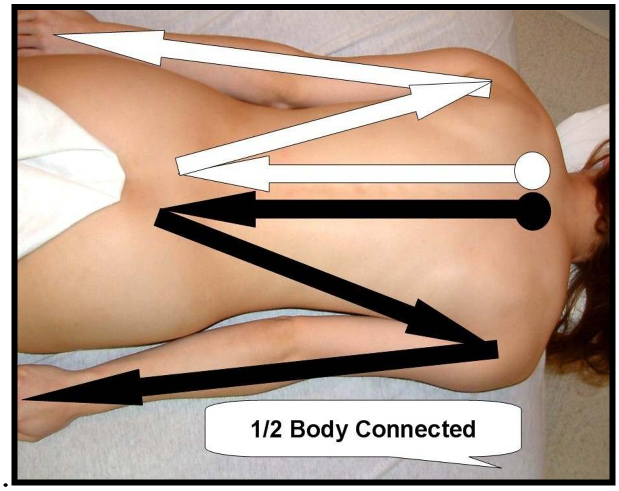
A.


B.


A. (Start at their shoulders) Start with hand on top of hand and then start separation at mid back.
B. (Start at their side) Glide up their arms and down their back and finish up their back.

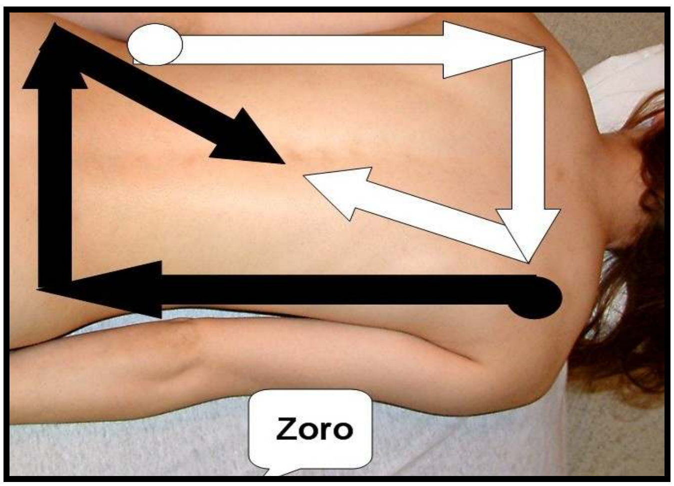


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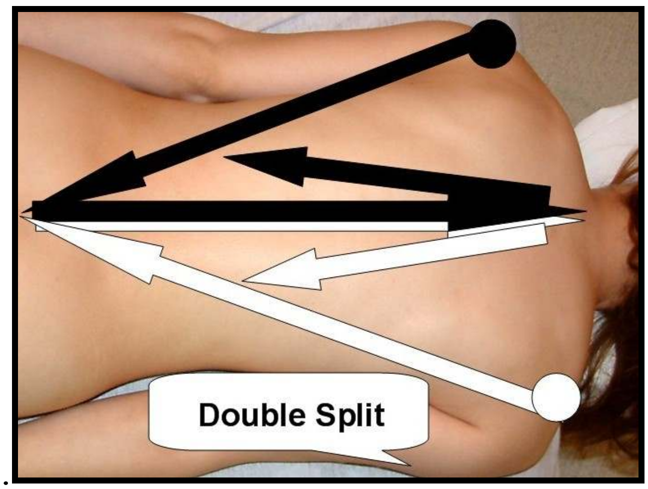


B.

A. (Start at their side)
B. (Start at their shoulders)

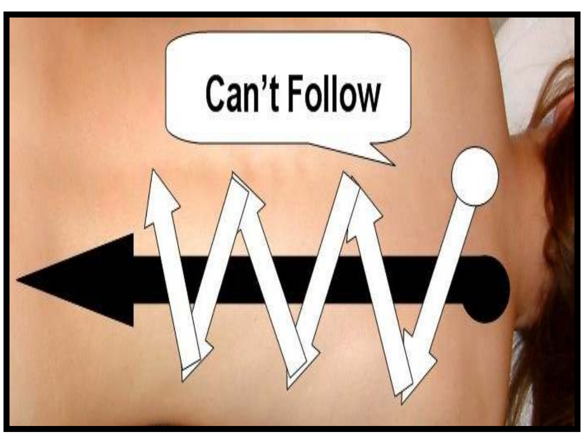


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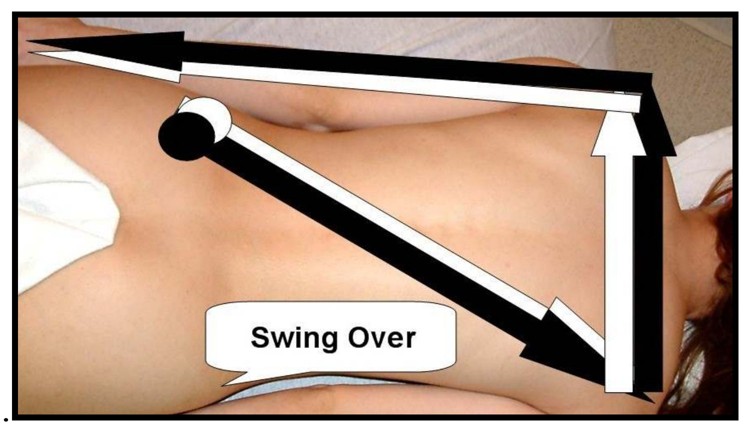


B.

A. (Start at their side)
B. (Start at their shoulders)



A.

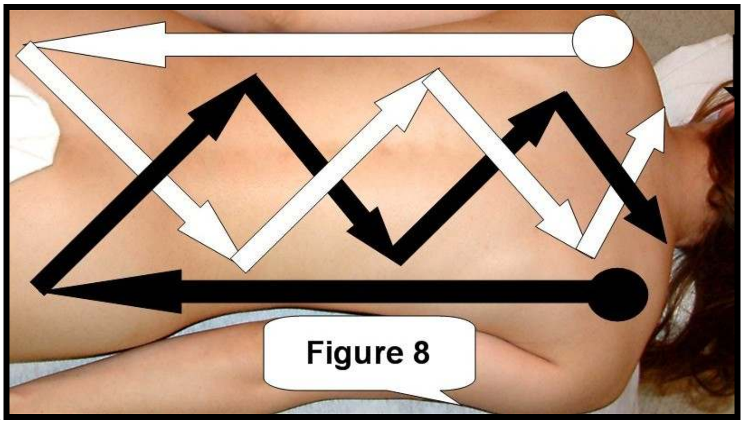


B.

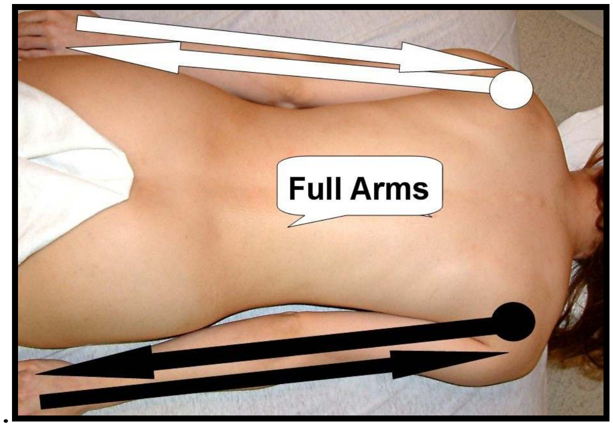
A. (Start at their shoulder)
B. (Start at their low back)

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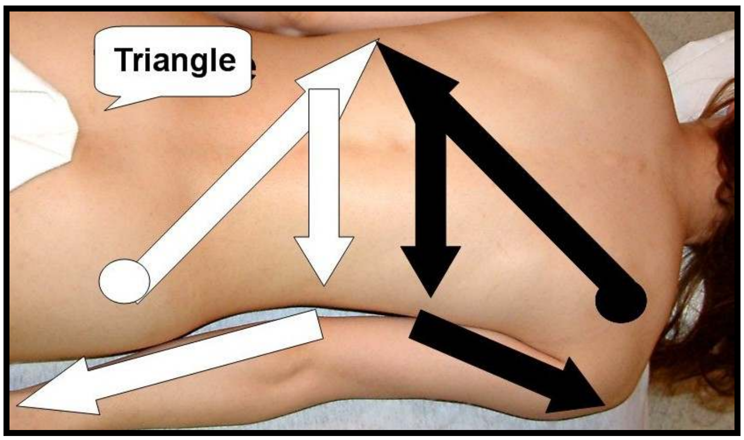


A.

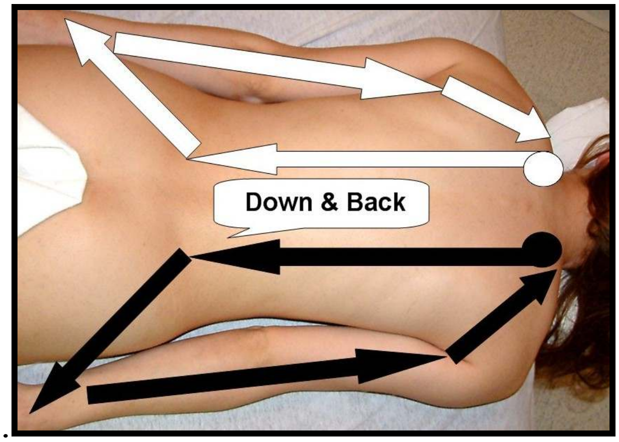


B.

A. (Start at their shoulders)
B. (Start at their shoulders)

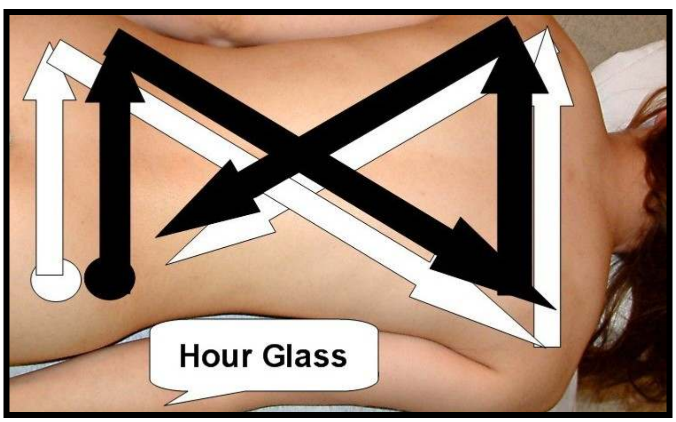


A.

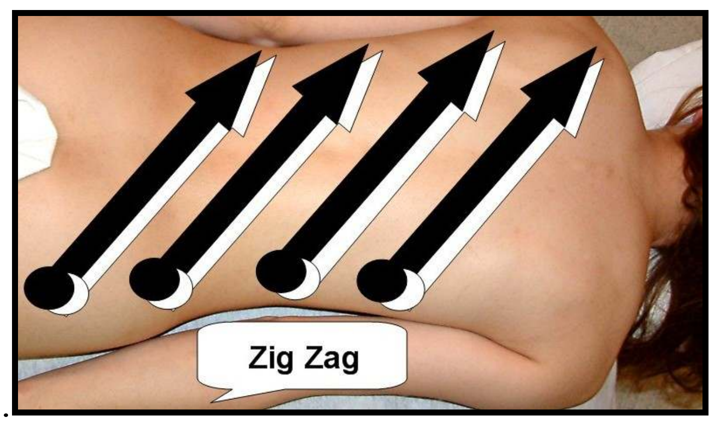


B.

A. (Start at their side)
B. (Start at their shoulders)



A.

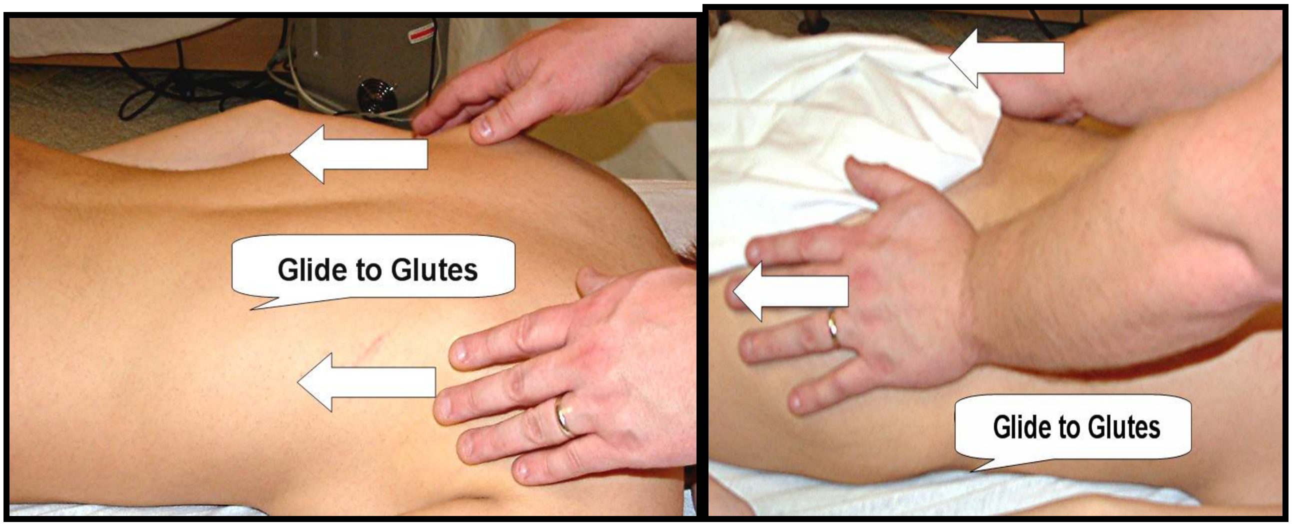


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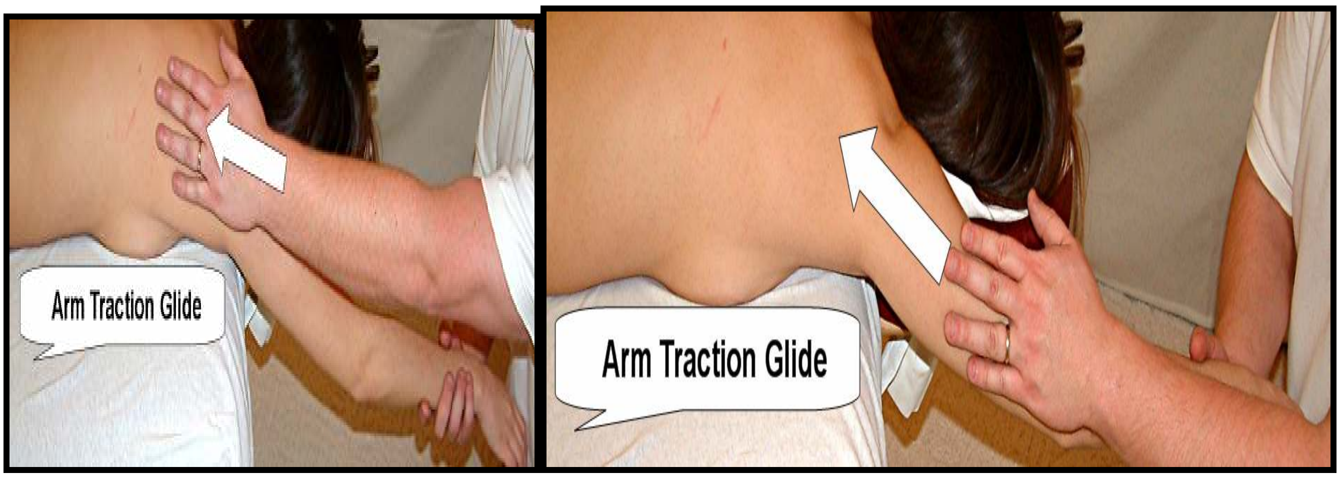
A. (Start at their low back)
B. (Start at their side)

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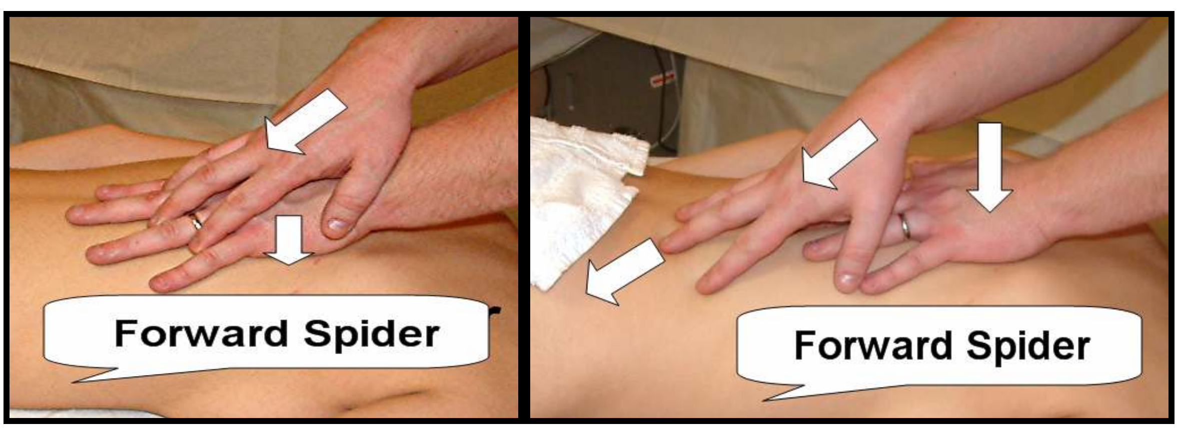
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*(Start at their shoulders)

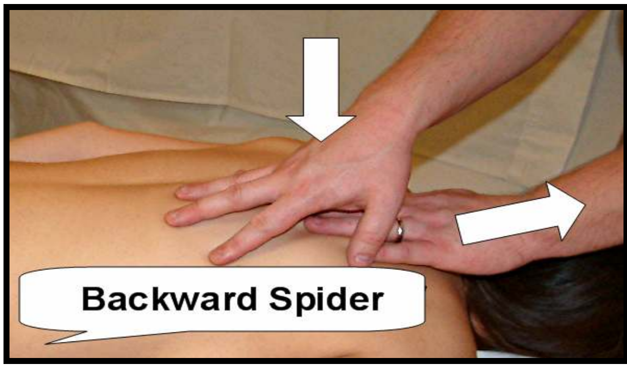


*(Start at their shoulders) Traction arm and glide to shoulder.



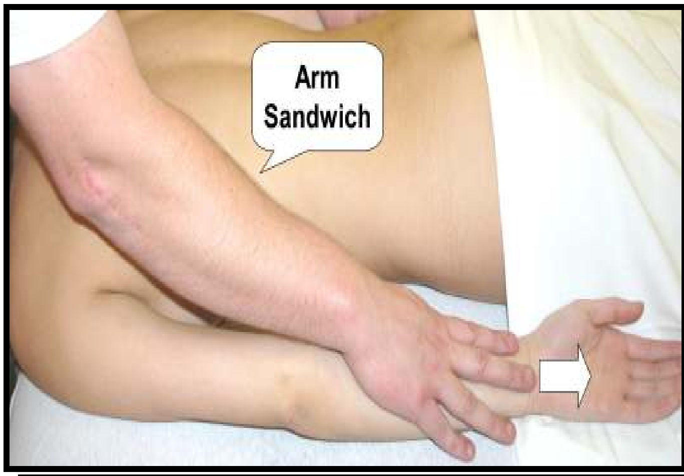
*(Start at their shoulders) Interlock fingers and slide the top hand forward.

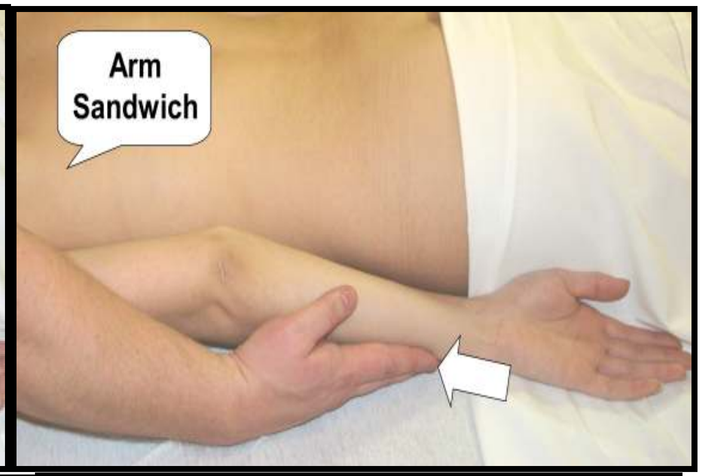
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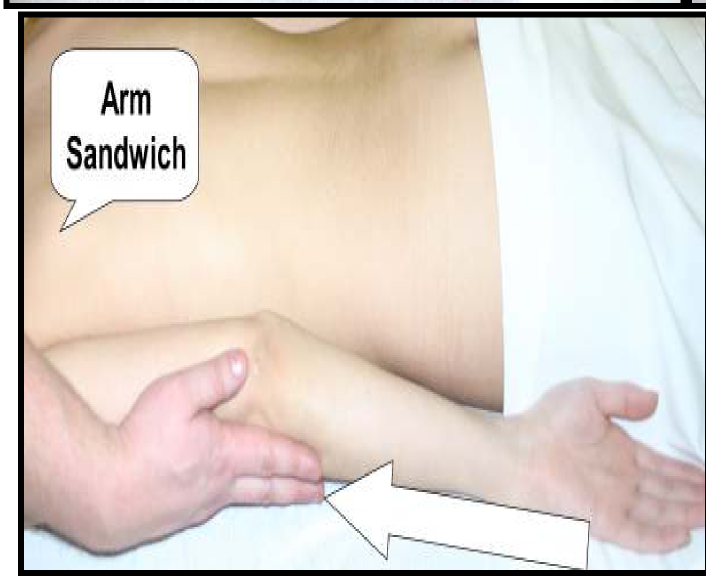


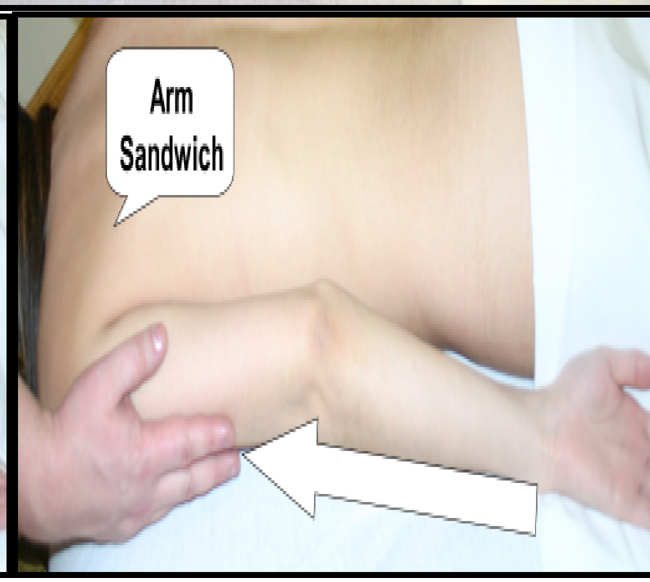


*(Start at their shoulders) Interlock fingers and slide the bottom hand backward.



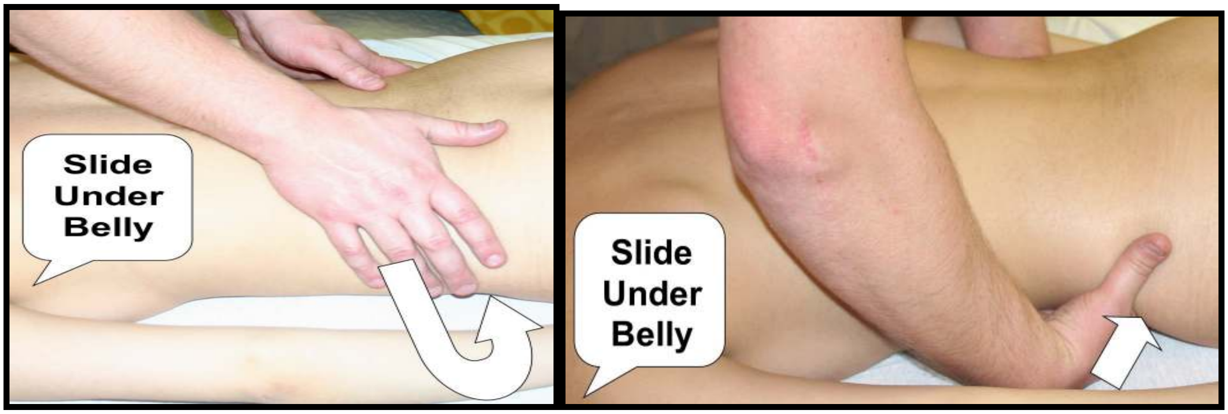




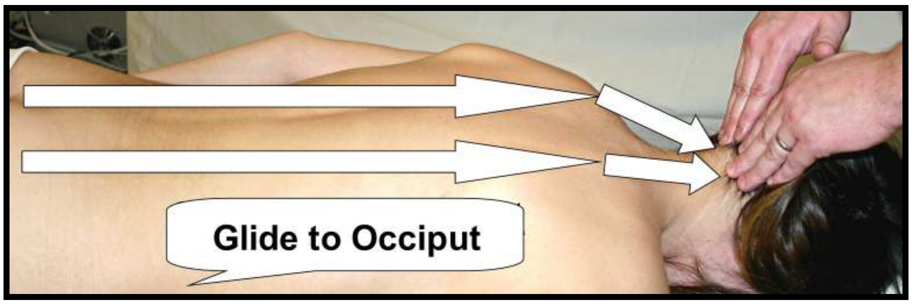


*(Start at their shoulders) Glide down their arms and come back under their arms.

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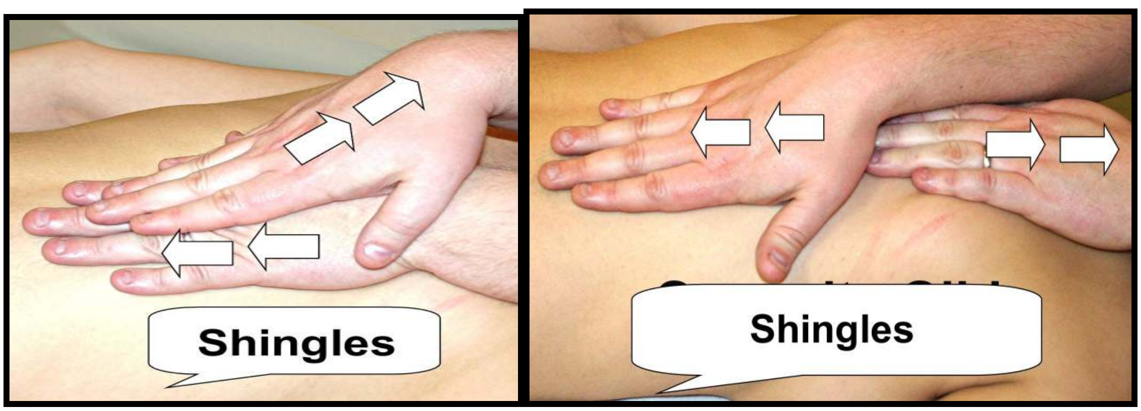


*(Start at their shoulders) Slide under.



*(Start at their shoulders) Glide up their body and hook your fingers under their occipital ridge to finish.

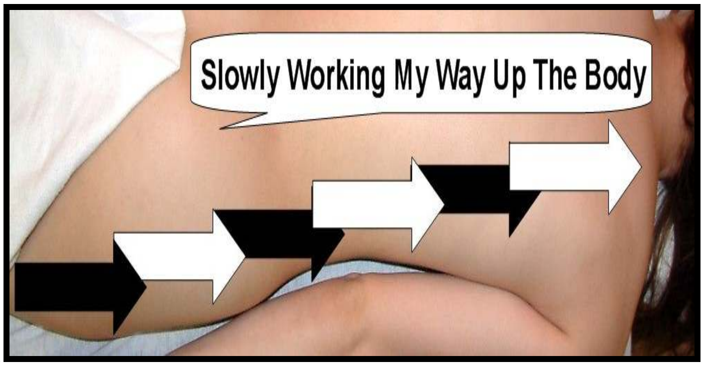
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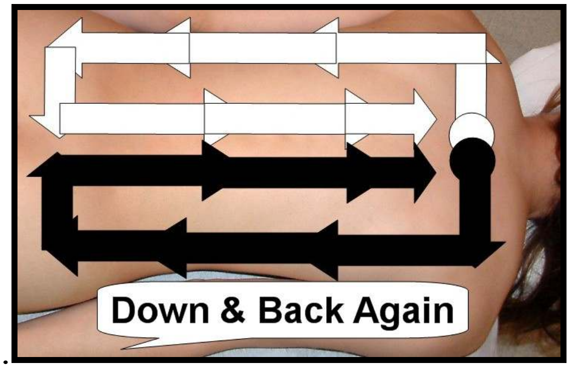
*(Start at their shoulders) One hand slides back and the other hand slides forward.



*Cross your hands and glide.

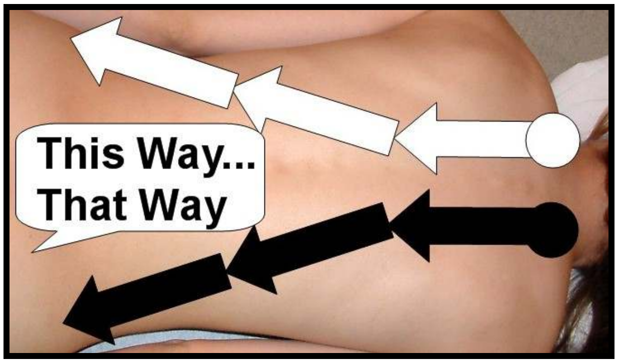


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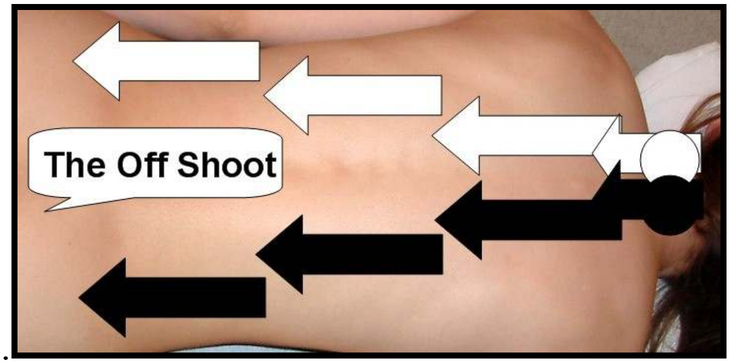


B.

A. (Start at their low back)
B. (Start at their shoulders)



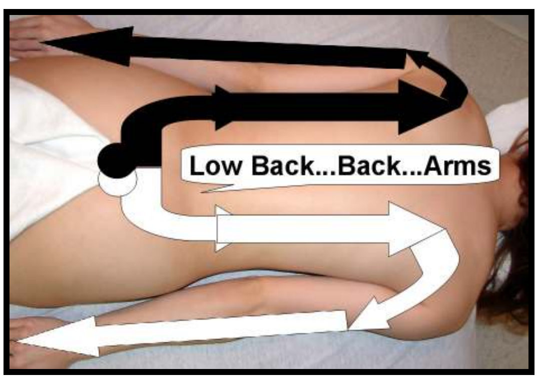
A.



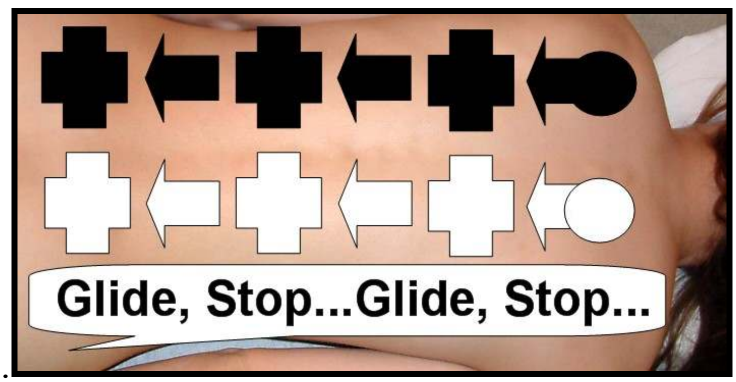
B.

A. (Start at their shoulders)
B. (Start at their shoulders)

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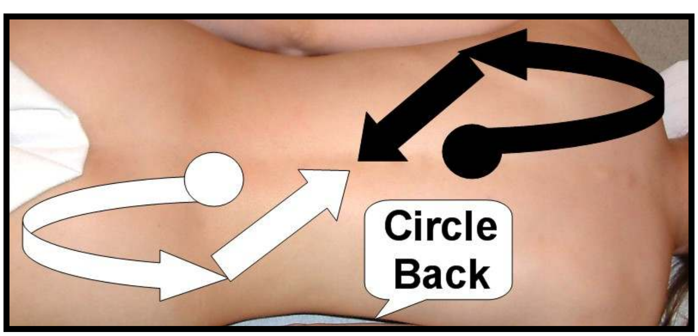


A.

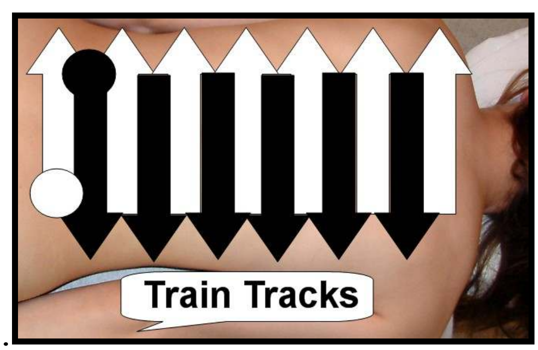


B.

A. (Start at their low back)
B. (Start at their shoulders)

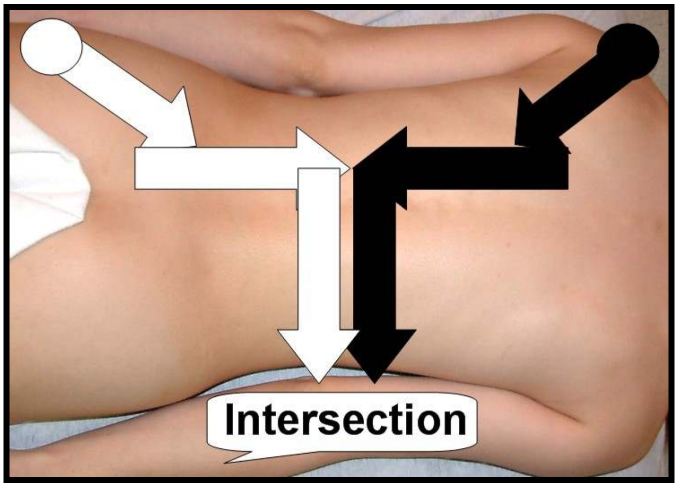


A.



B.

A. (Start at their mid back)
B. (Start at their low back)

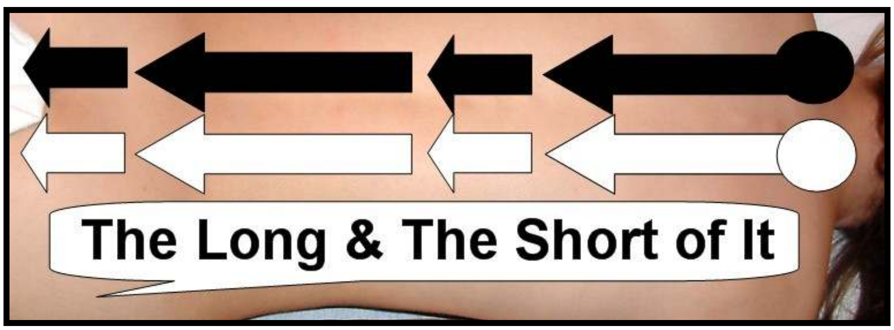


A.



B.

A. (Start at their mid back)
B. (Start at their shoulders)



***(Start at their shoulders)**

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FRICTION

Palm Friction



A.



B.

A. Hand on top of hand.

B. Hand on top of hand (Crossed).

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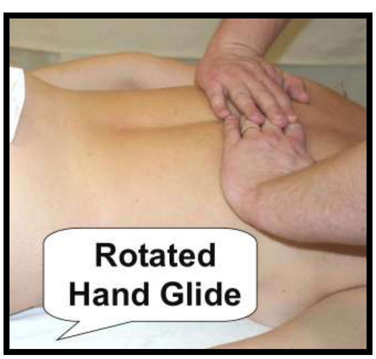
A.



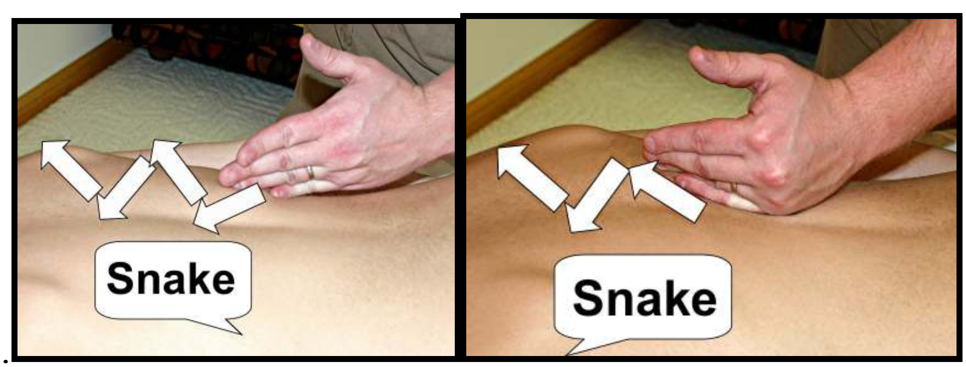
B.

A. Interlock fingers and use the heel of your hand for pressure.

B. Hand on top of hand (Interlock fingers).



A.



B.

A. Point fingers together.

B. Use ulna side of your hand (Zigzag direction).

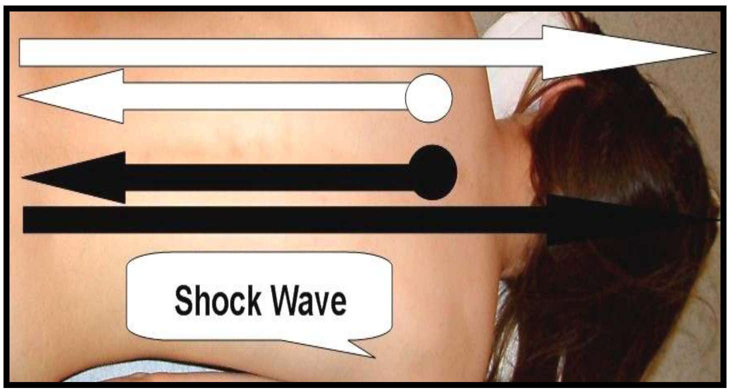
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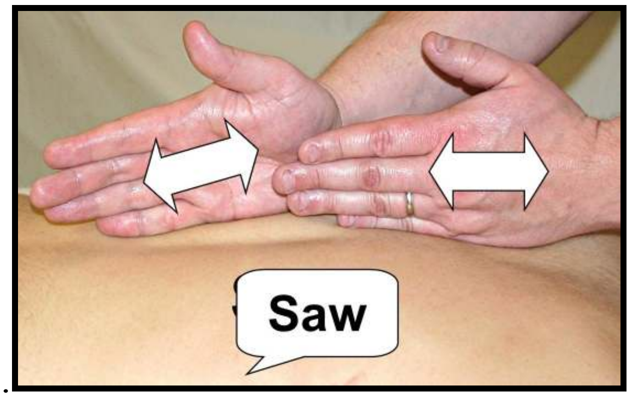
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*Use the palm of your hand.

A.


B.


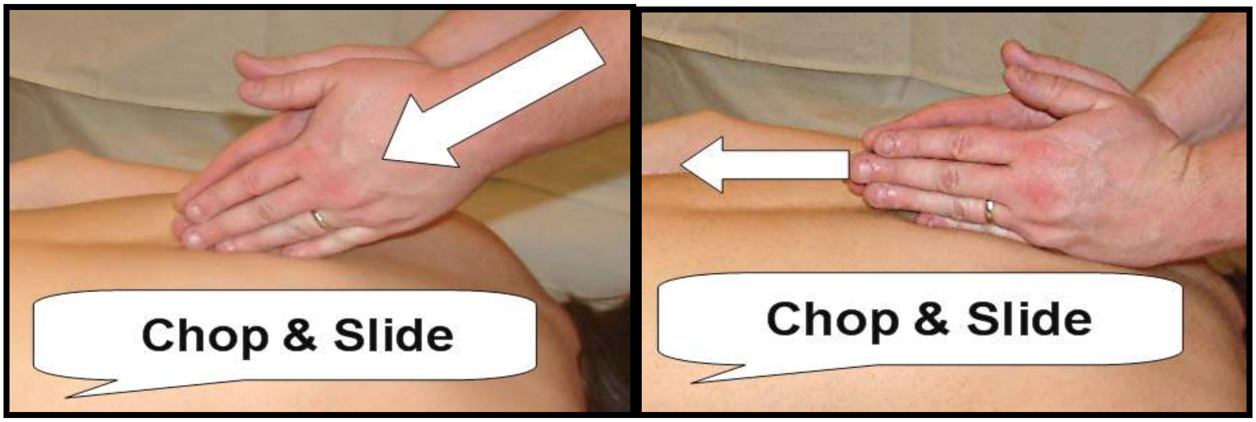
A. Slowly glide down to their low back, and then come back in a fast motion.
B. Use the ulna side of your hand in a fast motion (Back & Forth).



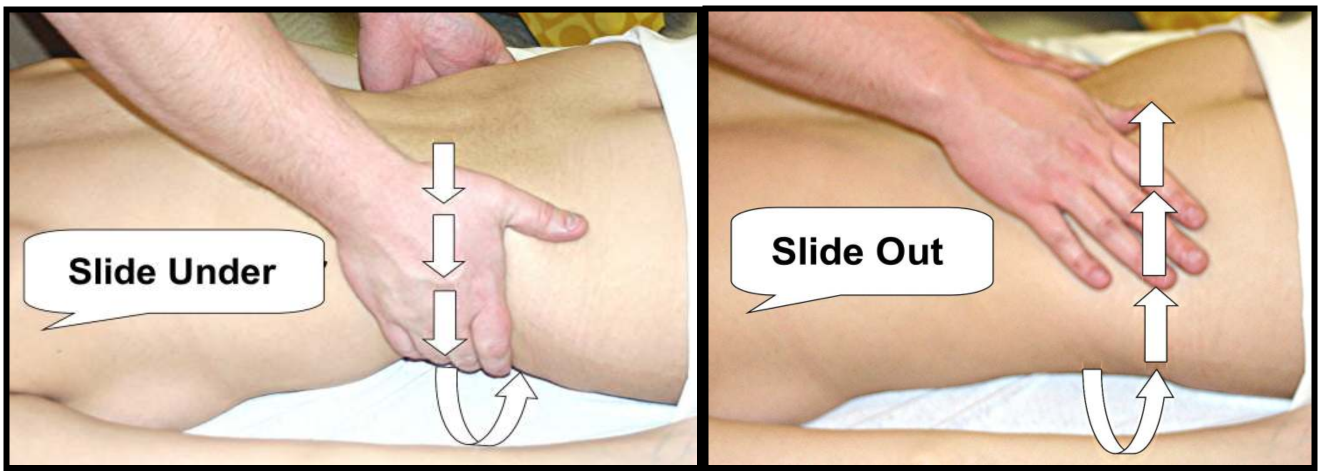


*Move their arm and glide around their scapula at the same time.

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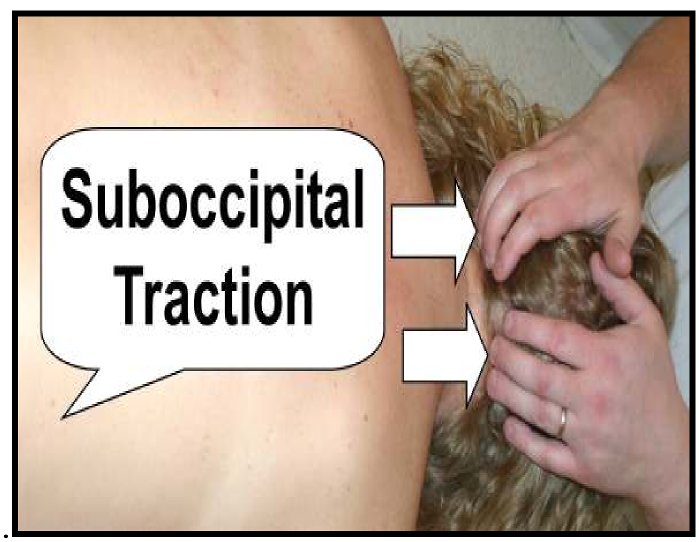


*Hands together and point downwards and then finish on your ulna side of your hands.



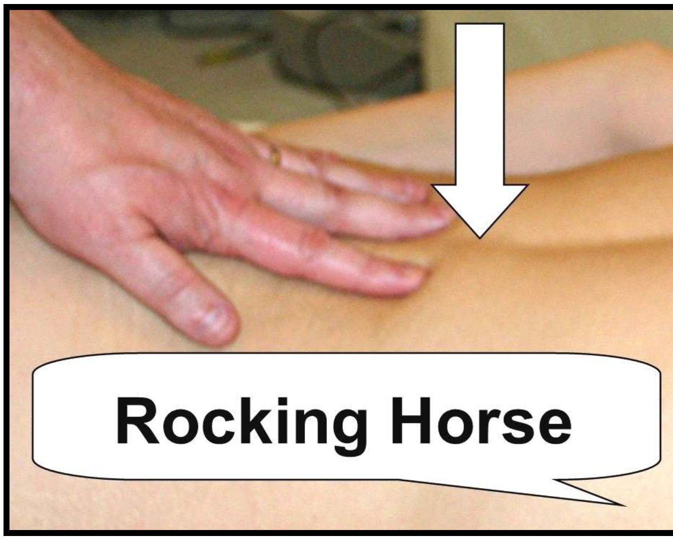
*Slide under to their stomach region, and then glide your hands out.

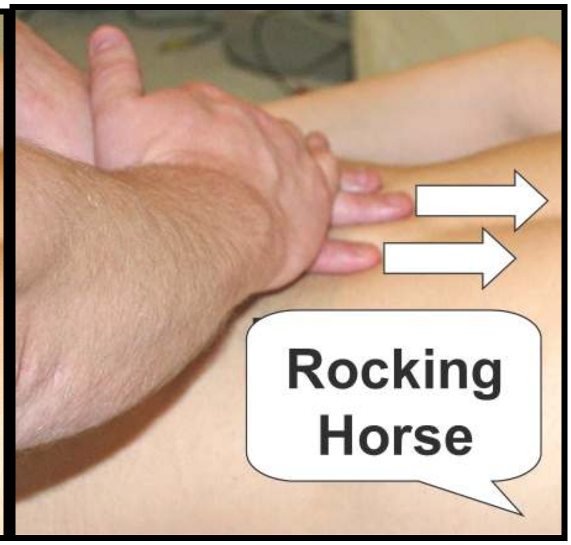
A.


B.


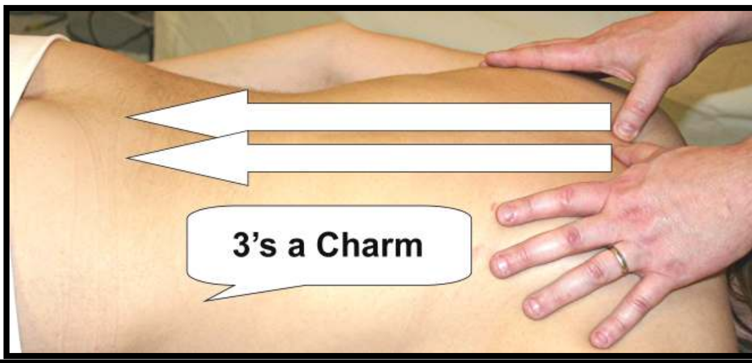
A. Angle their scapula with one hand and use the other hand to friction under their scapula.
B. Hook your fingers under their occipital ridge and pull towards you.

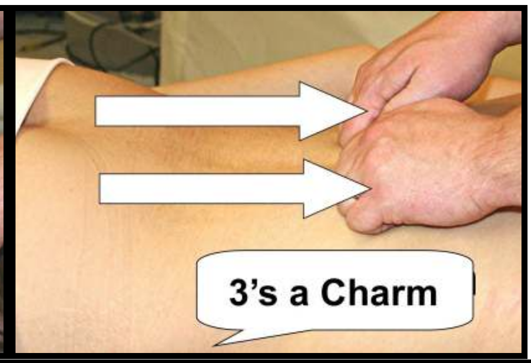
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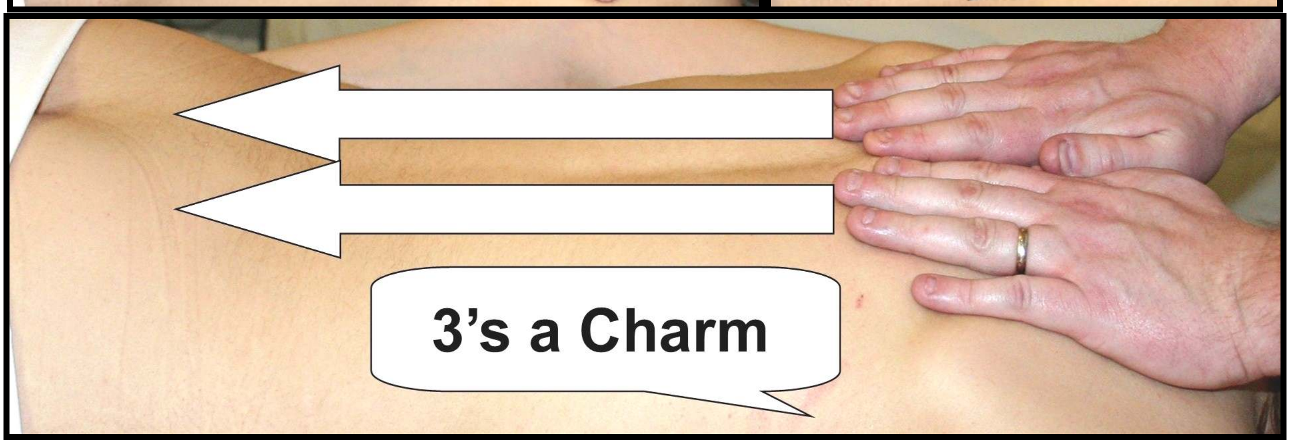




*Place one hand one their spine and the other hand over that (Have your index and middle finger on both sides of the spine), and then and pressure to the index and middle finger.





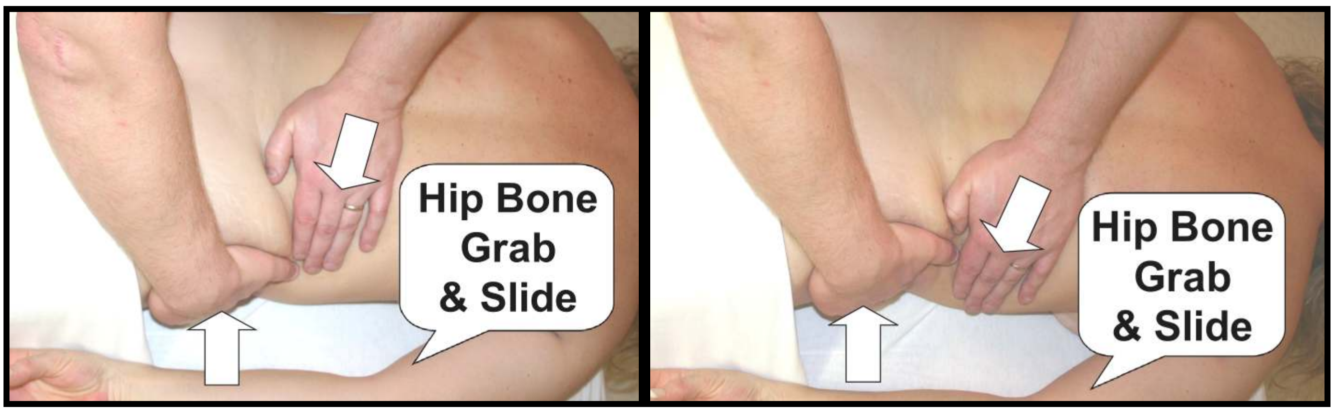


*Down their back with your thumbs, up with your knuckles and back down with your palms.

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*Lift up their shoulder and glide around their scapula at the same time.

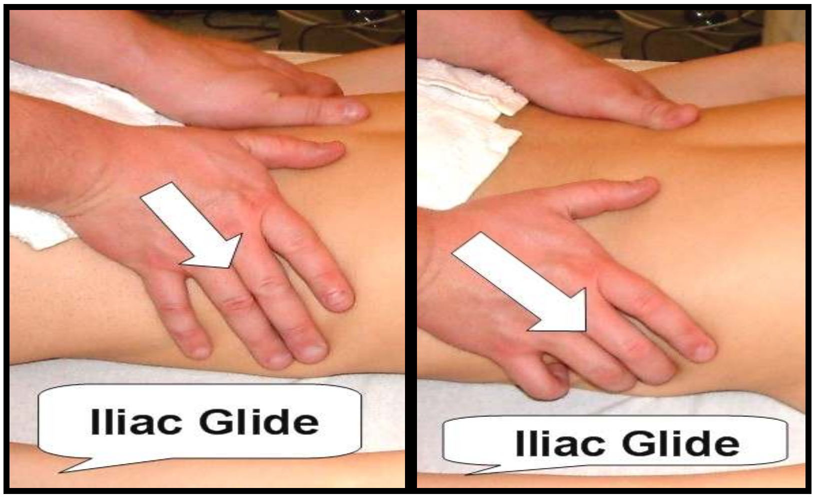


*Grab their hip (Lift it towards you) and glide with the other hand towards the table.

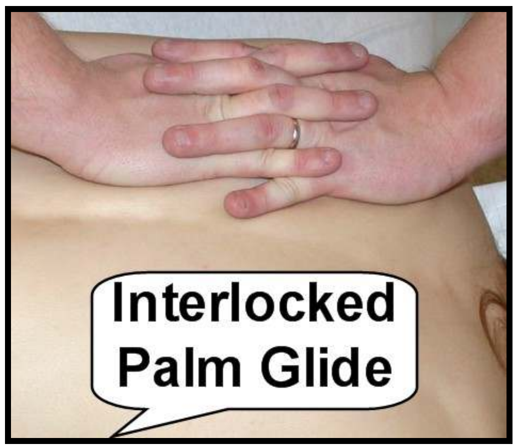


*Interlock your hand with theirs and then pull their arm towards you while you glide around their scapula region.

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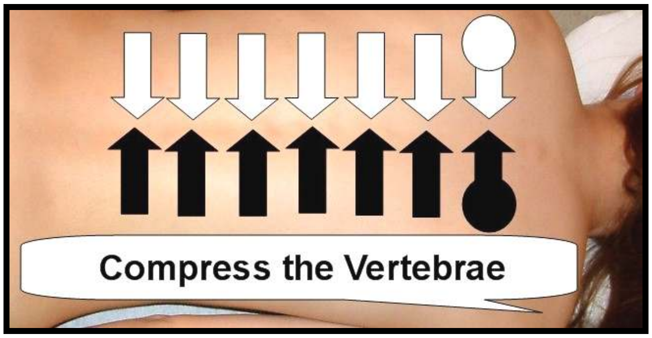
*Glide around iliac crest region.

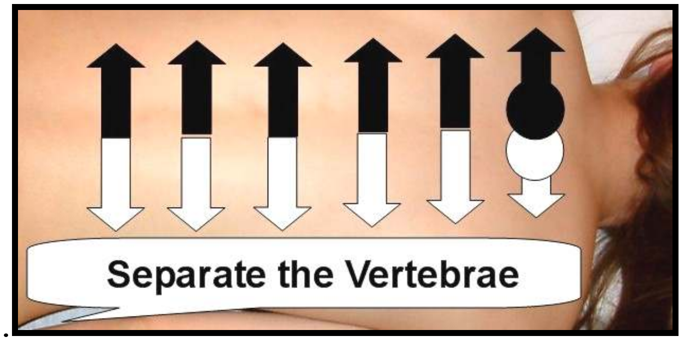


*Interlock fingers and glide

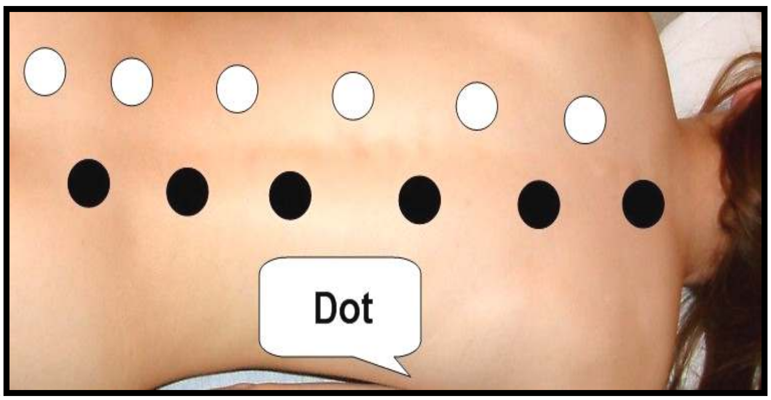
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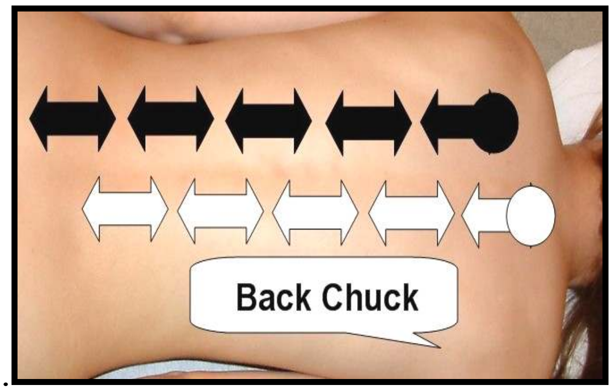
Finger Friction

A. 

B. 

A. Friction your thumbs into their spine.
B. Friction your thumbs away from the spine.

A. 

B. 

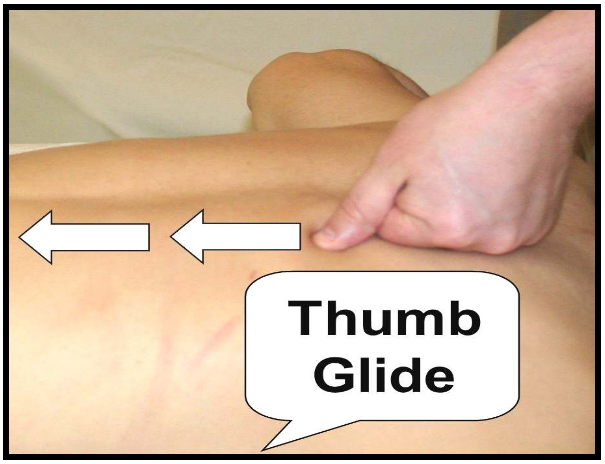
A. Compress your thumb in different areas for 2-5 seconds (Slowly come out of each area).
B. Use your thumbs and friction back and forth in between the erectors and spine.

A. 

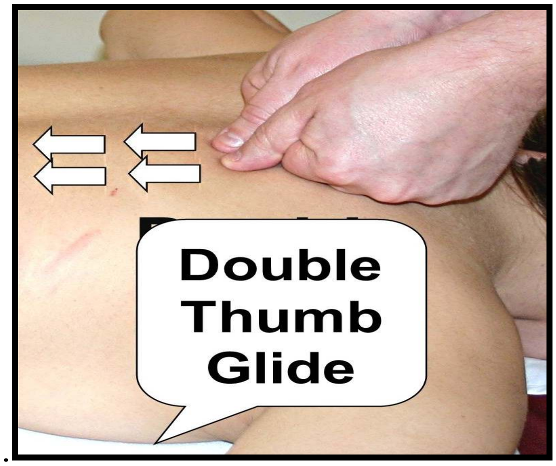
B. 

A. Have your thumb and arm at a 45 degree angle.
B. Extend only your first knuckle on your thumb for pressure.

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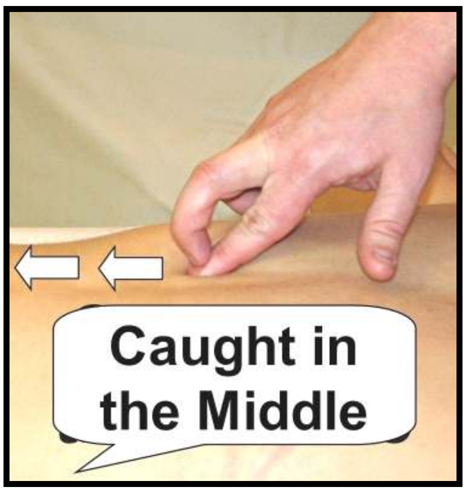


A.

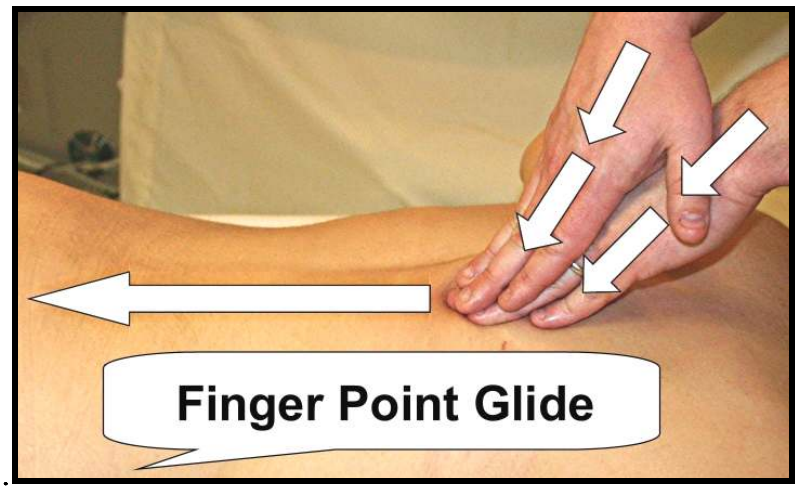


B.

A. Have your thumb and arm at a 45 degree angle.
B. Have both thumbs and arms at a 45 degree angle.

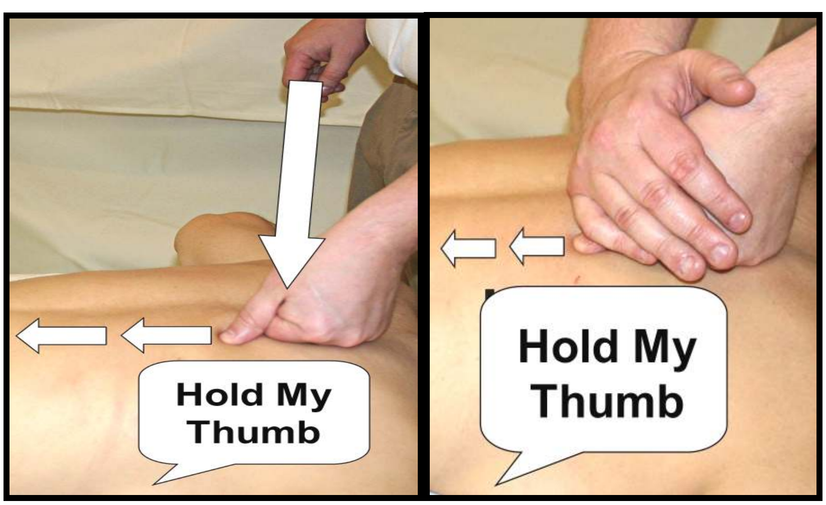


A.

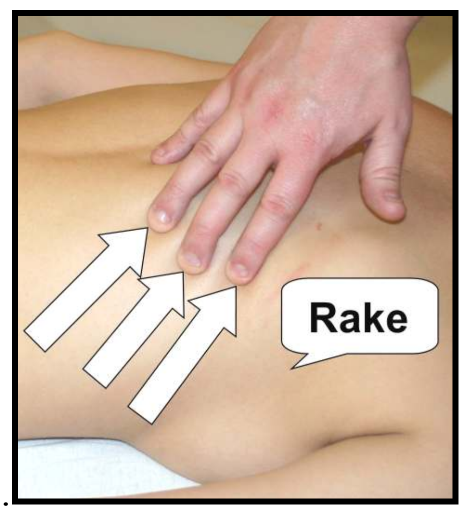


B.

A. Index finger is straight and middle finger is supporting the index finger.
B. Hand on top of hand, but only use your fingertips for pressure.



A.

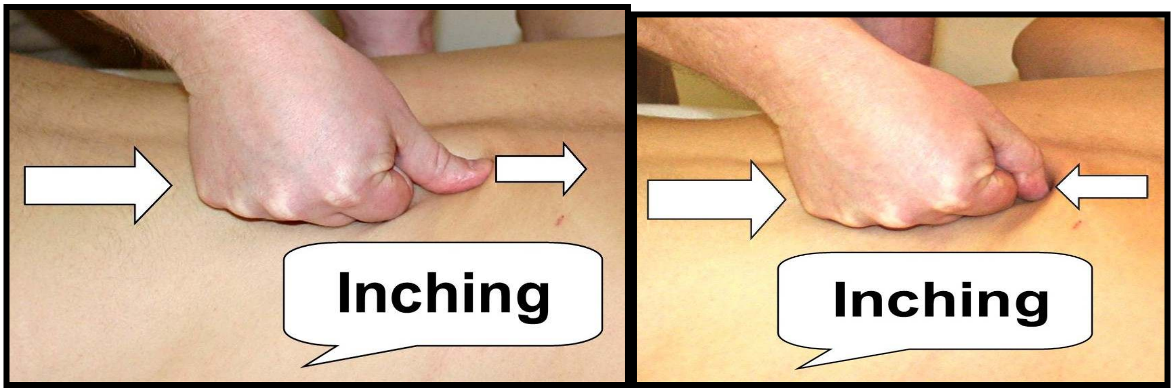


B.

A. Thumb is at a 45 degree angle, then place your hand over your thumb.
B. Glide fingers in between ribs (Intercostal muscles).

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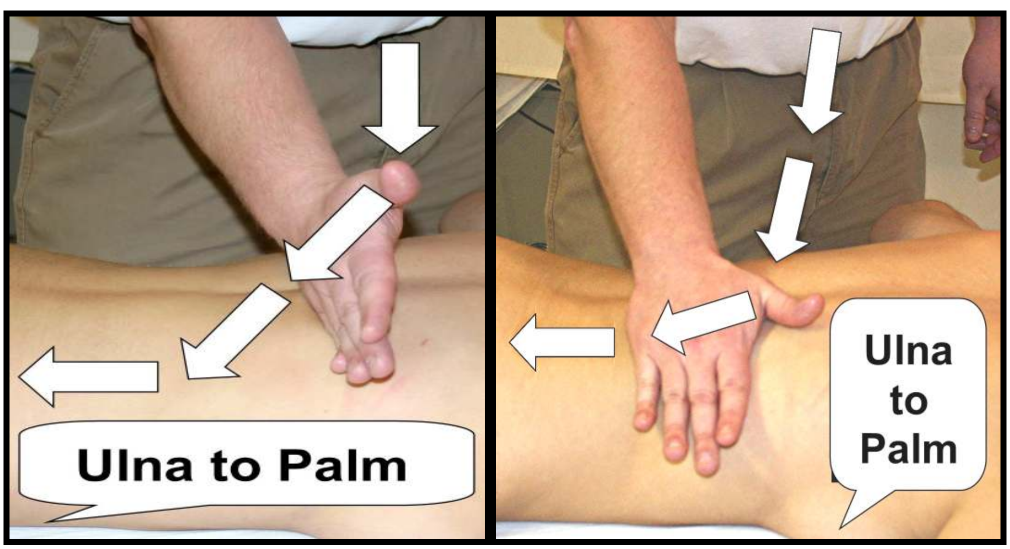


*Move your first knuckle of your thumb forward, then bring it back (Try to move one inch each movement forward).

A.


B.


A. Place your hand flat, then have your other hand give pressure only on your thumb.
B. Make a "W" with your thumbs, and then have your thumbs push into each other as you glide.



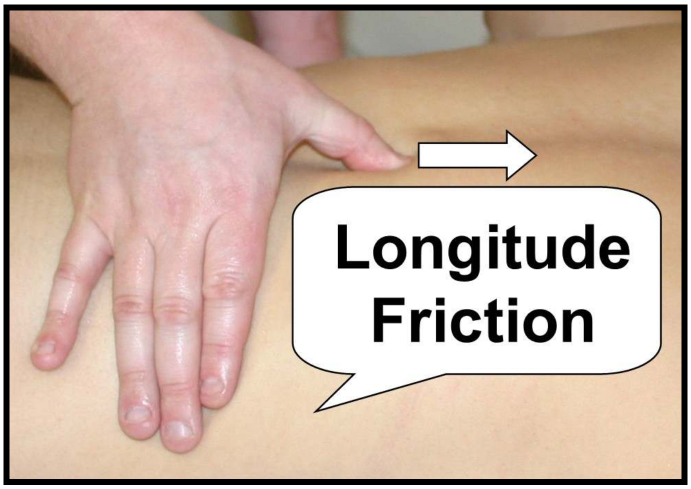
*Start with the ulna side of your hand, and then slide it to your palm.

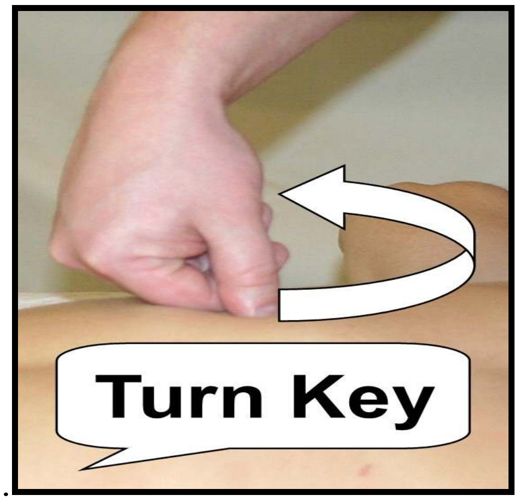
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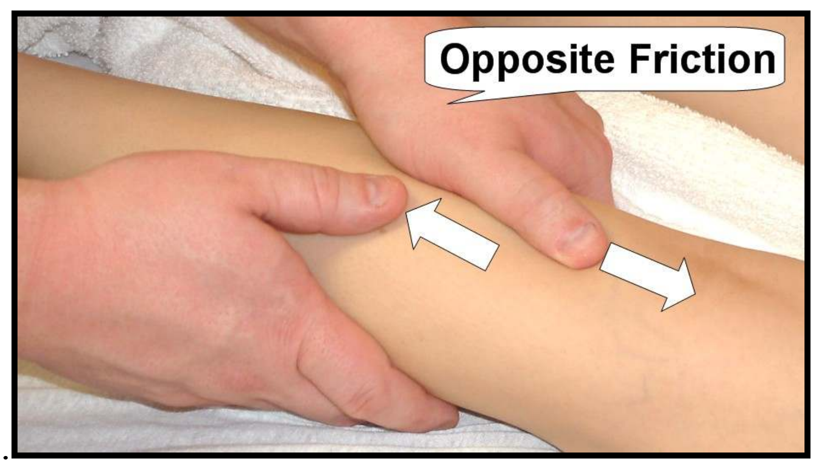
*Start with your hands together, then slowly separate them.

A.


B.


A. Glide with deep pressure (With the grain of the muscle).
B. Plant your thumb and turn it.

A.


B.


A. Place on thumb over the other thumb and either hold the pressure or glide.
B. Glide your thumbs in opposite directions.

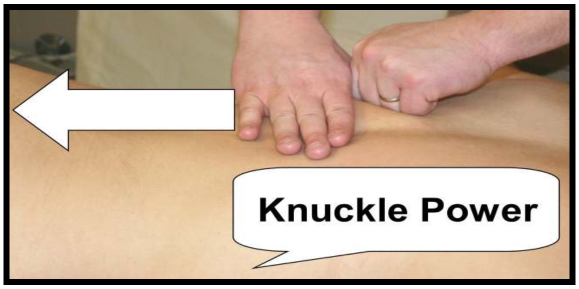
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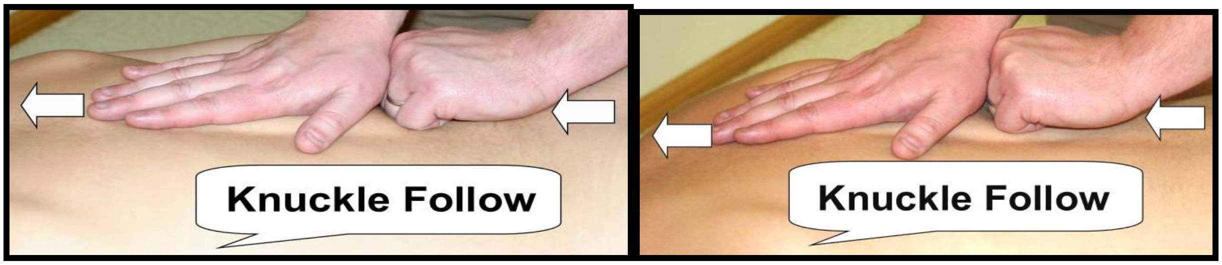
*Roll the skin together in the lower lumbar area and quick pull up (Do not slip off of it).

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Knuckle Friction



A.

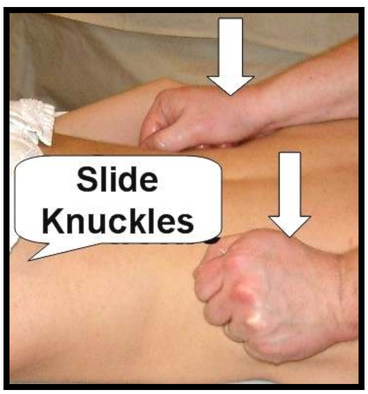


B.

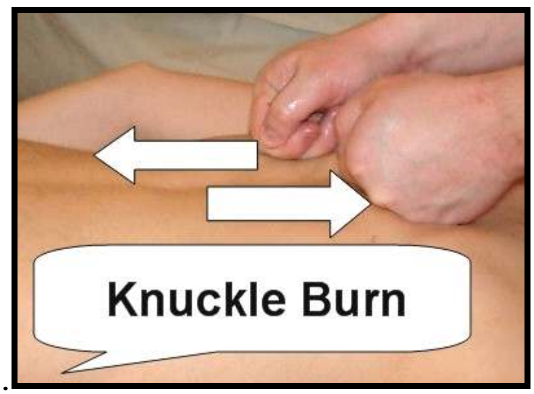
A. Make an "L" with the planted hand, and then place your knuckle in the "L."

B. First hand is flat and your second hand is a knuckle.

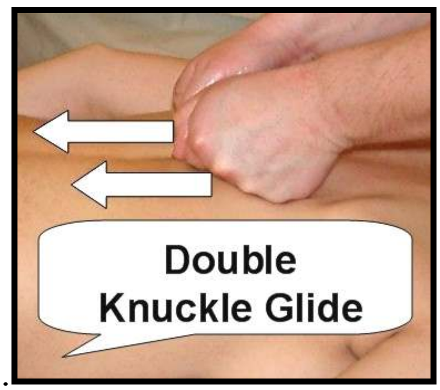
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A.



B.

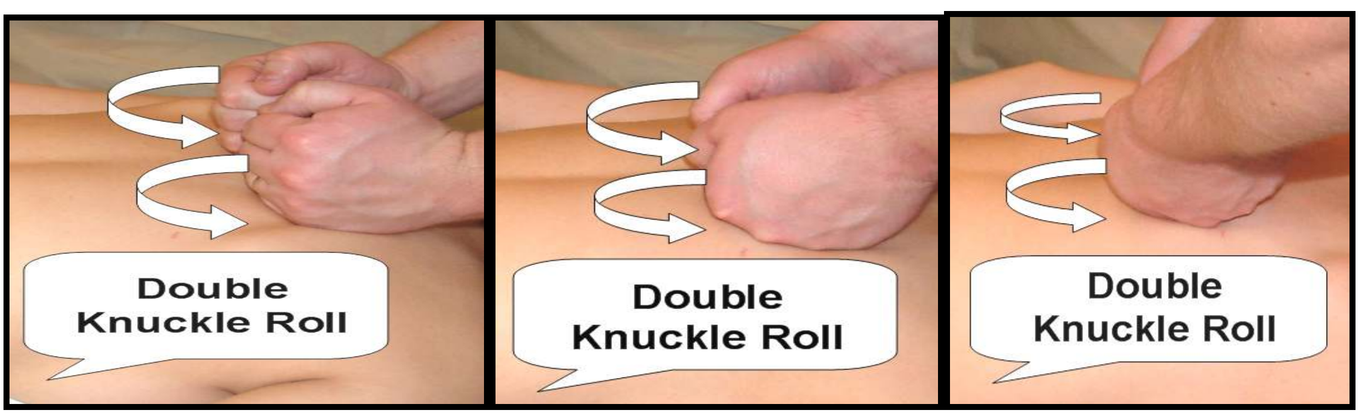


C.

A. Make a fist and use the palm side of your knuckles.

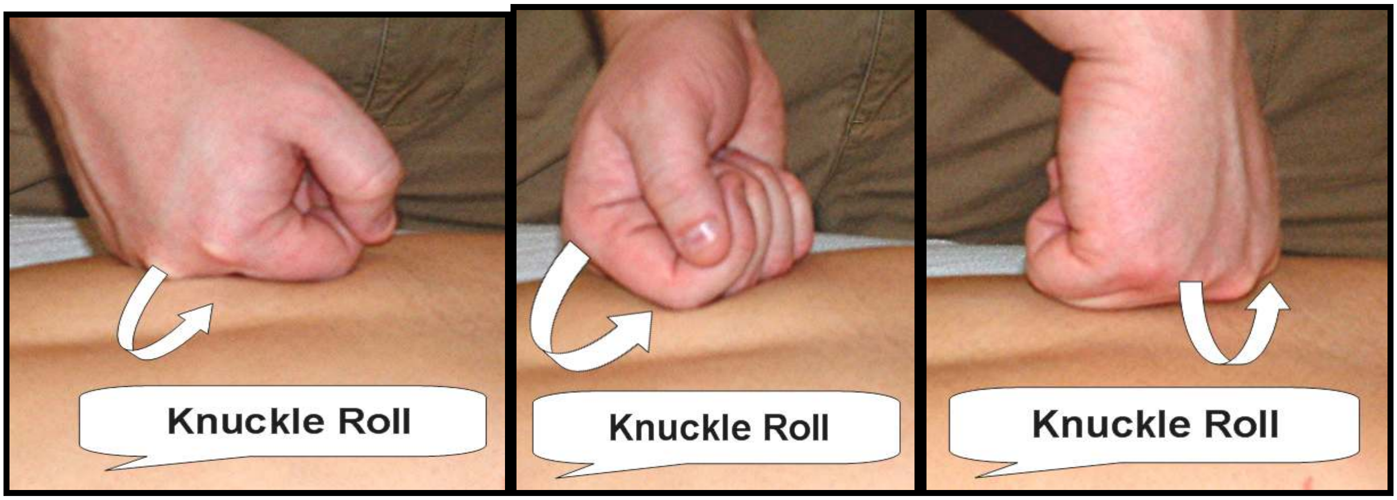
B. Move your knuckles back and forth in opposite directions (Fast).

C. Have both of your hands in a fist and glide with both of your hands supporting each other.

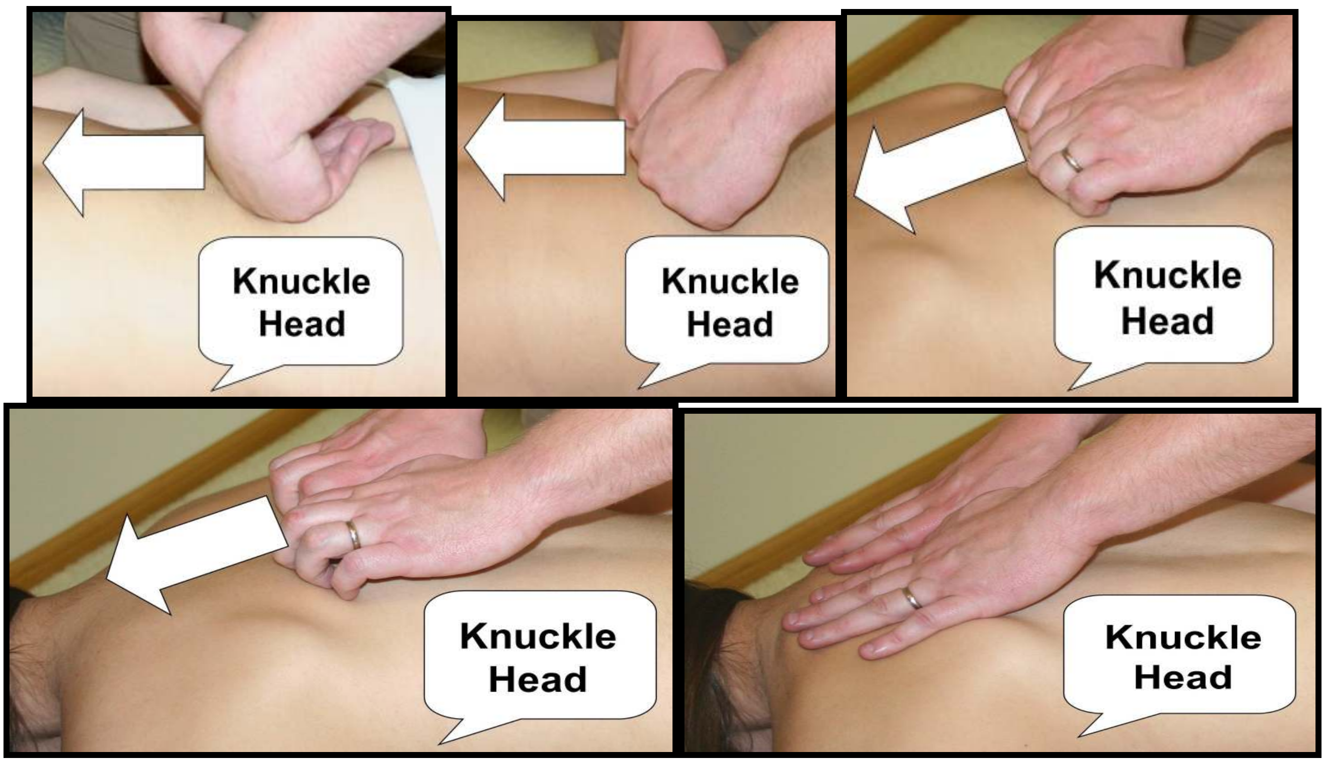


*Have both of your hands in a fist and roll with both of your hands supporting each other.

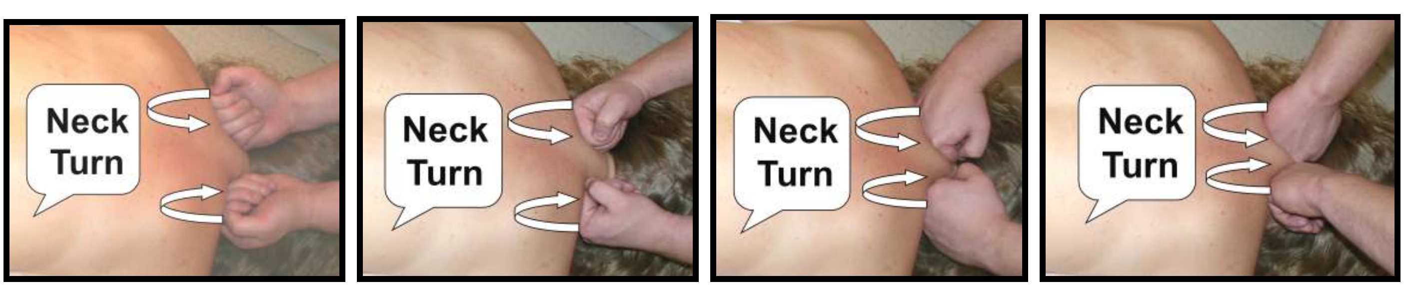
*Try alternation your hands with the roll.



*Twist your knuckle into the client.

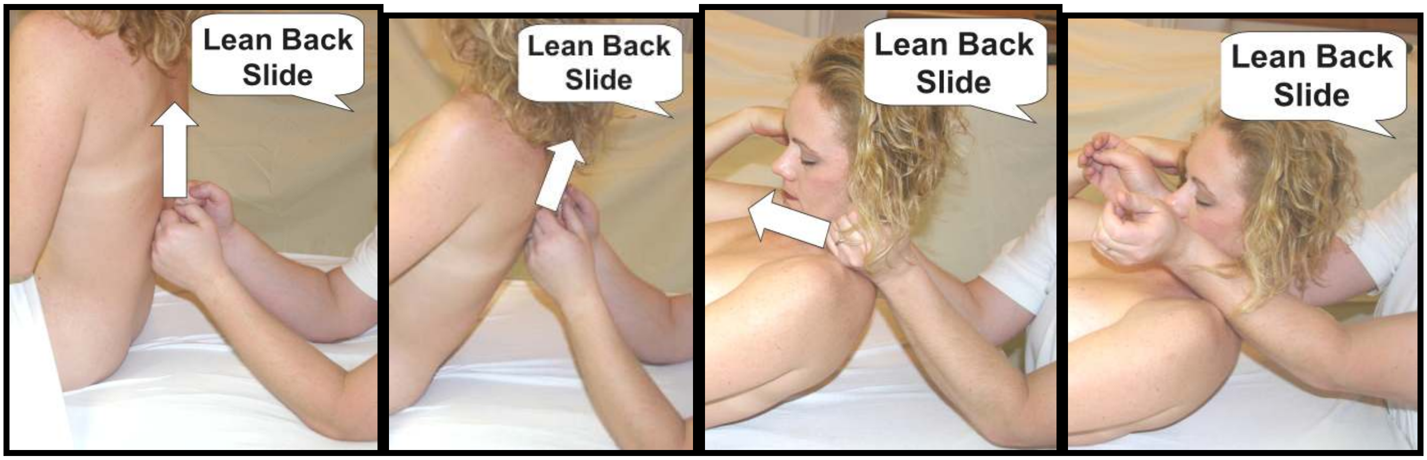


*Start with your knuckles in their low back, and then slowly turn it into a palm as you glide up the back.

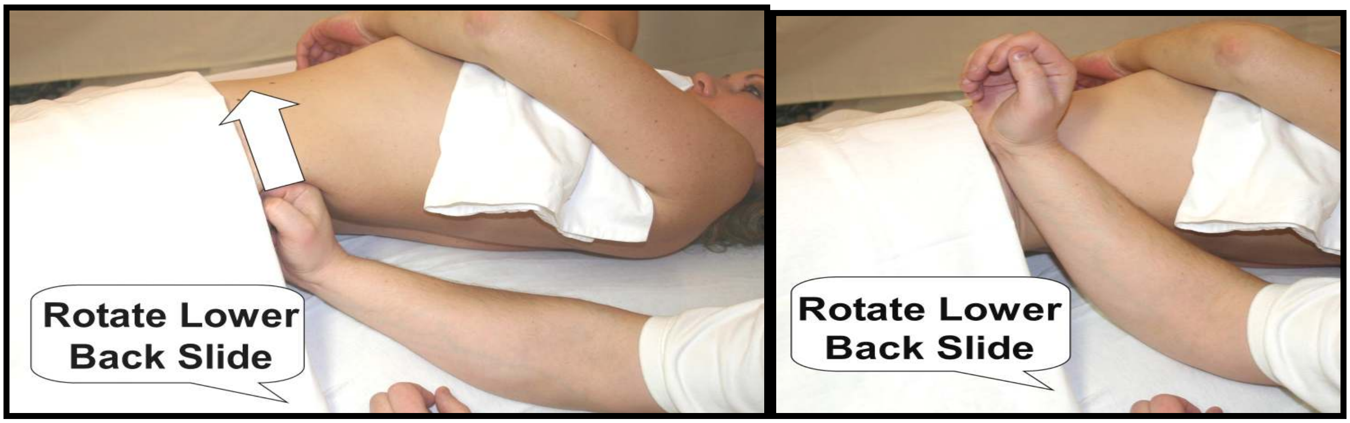


*Roll your knuckles into their neck.

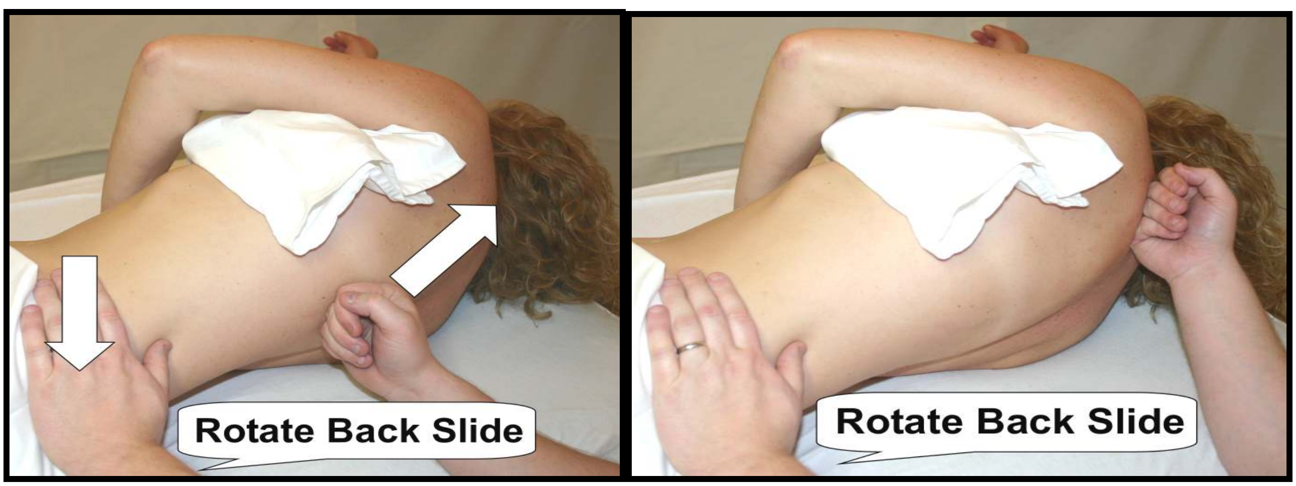
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*Have the client sit up, then plant your elbows into the table and finally have the client slowly lean back (Use minimal amount of oil).

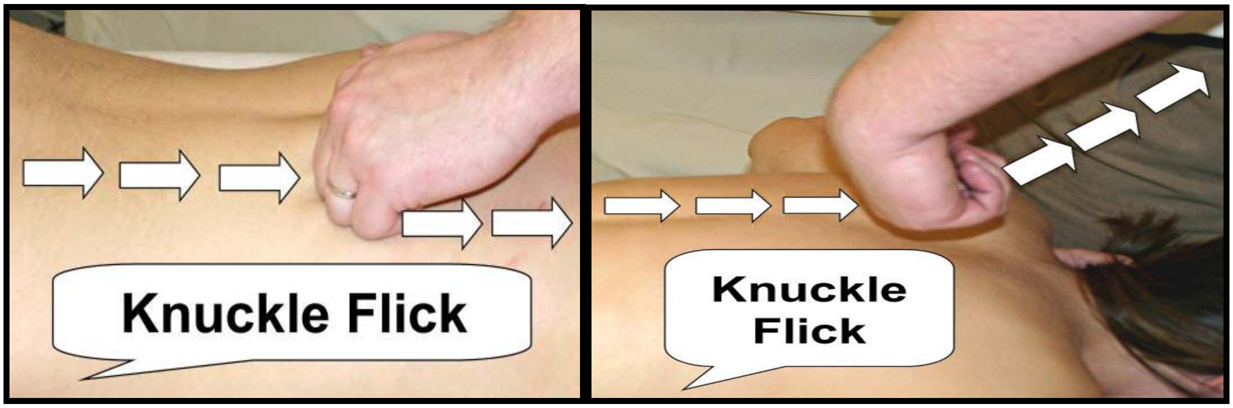


*Have the client arch their back on one side, and then glide your knuckle/forearm around their hip.

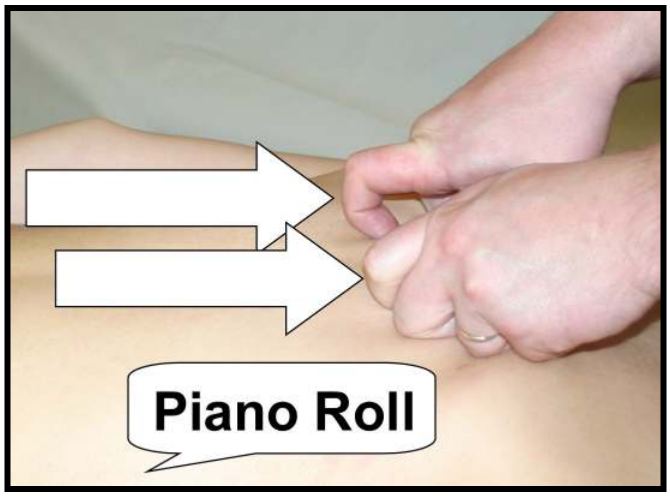


*Have the client arch their upper back on one side, and then glide your knuckle up their back.

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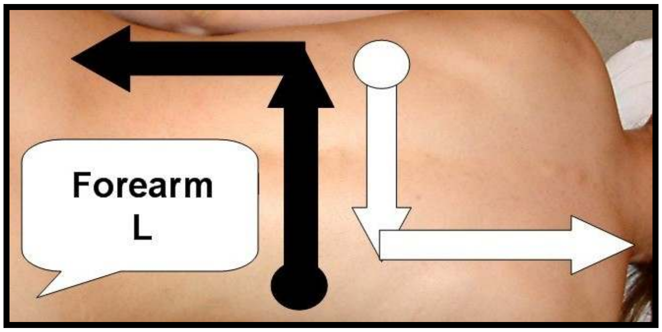
*Flick your knuckles off their body.

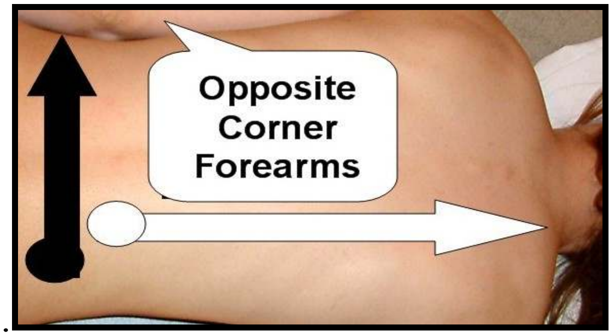


*Roll your knuckles

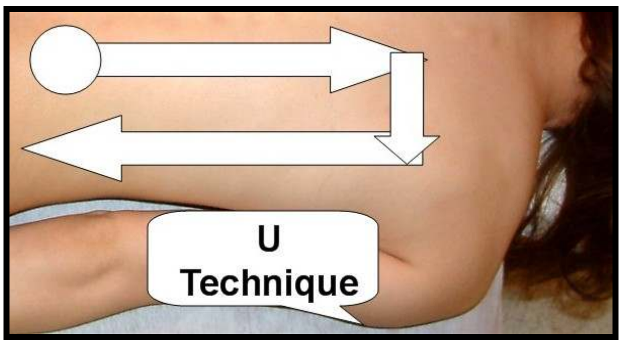
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Forearm Friction

A. 

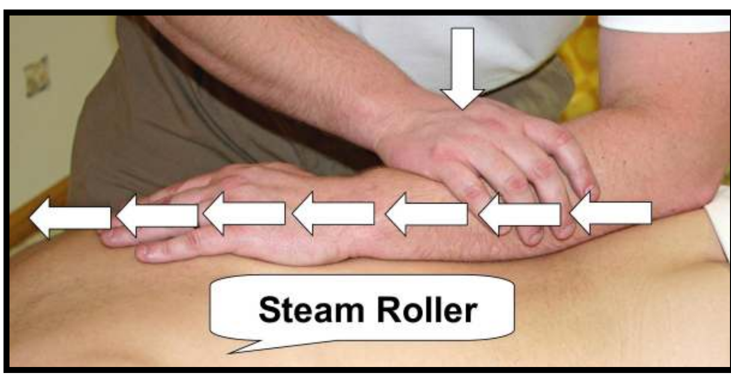
B. 

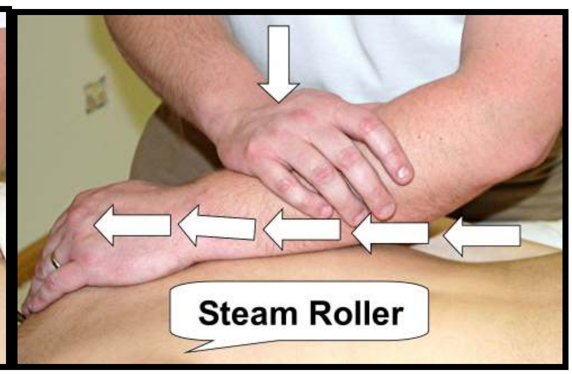
A. Go across their back in opposite directions, and then one goes to their shoulder and the other forearm to their hip.
B. One forearm goes across their low back and the other one goes to their shoulder.

A. 

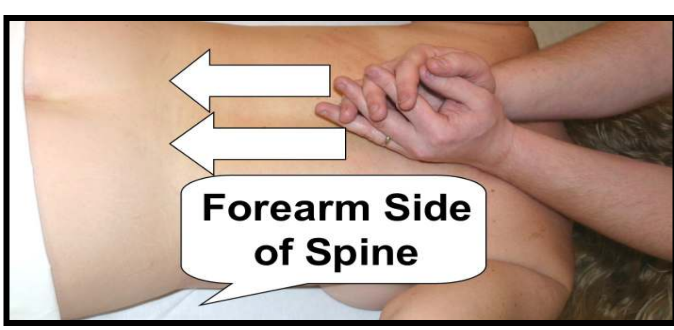
B. 

A. Glide up with your forearm, then turn and glide back in a different path.
B. Glide with your forearm.





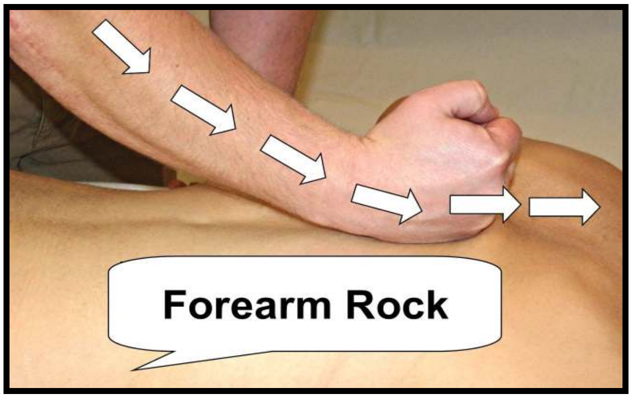
*Plant your forearm and place your hand over forearm for more pressure.

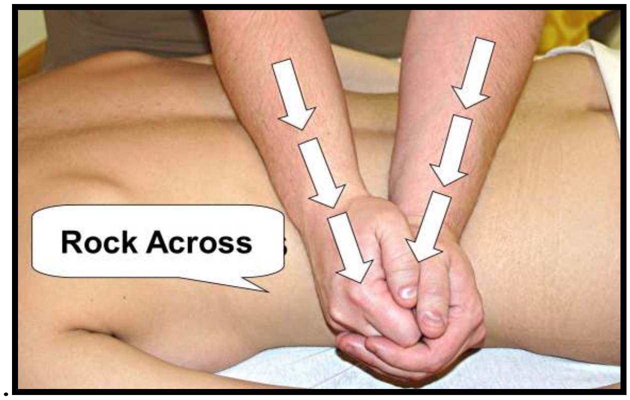




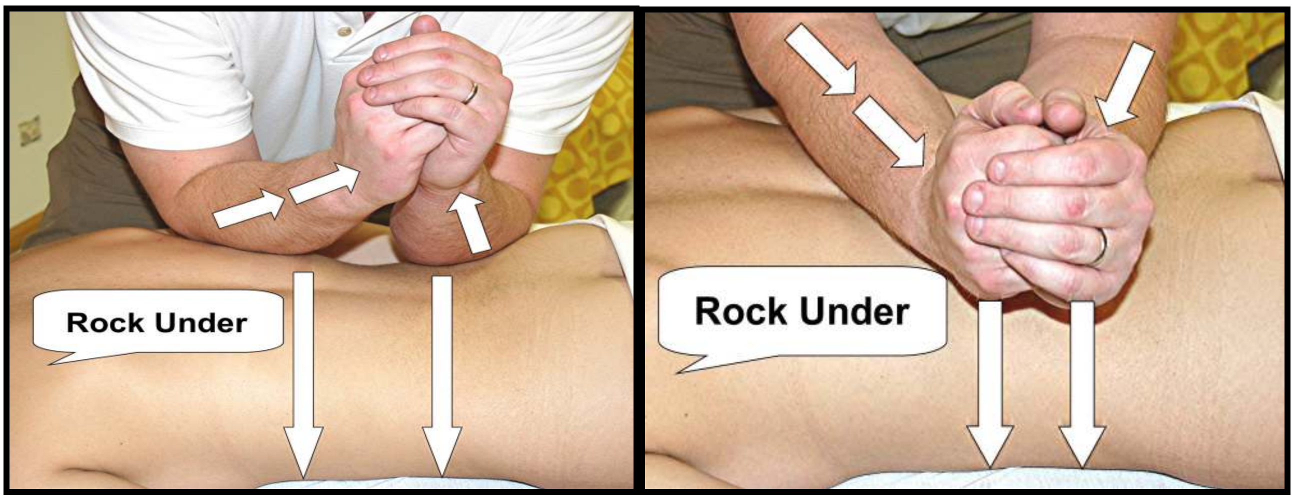
*Interlock your fingers and glide with your forearms.

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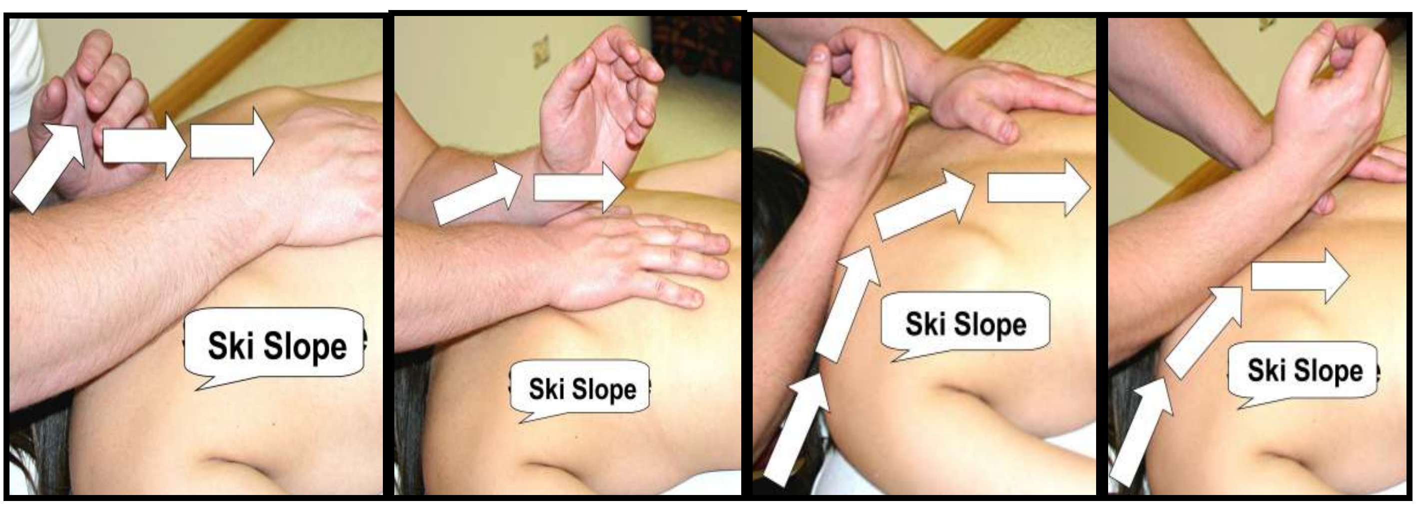
A.


B.


A. Start with your ulna side of your hand and eventually glide with your forearm.
B. Interlock fingers and rock across their body (Back and forth motion).

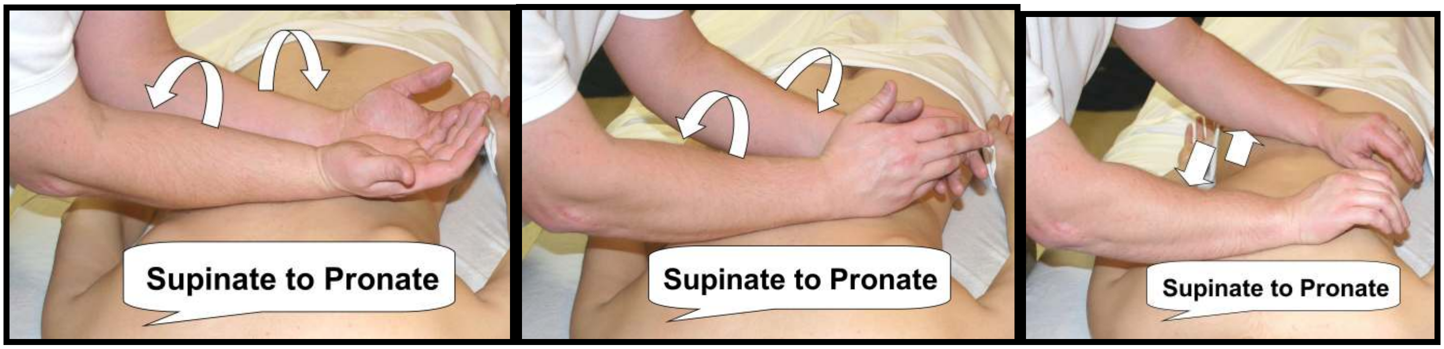


***Interlock fingers and rock across their body and grab their hip and pull up towards you.**

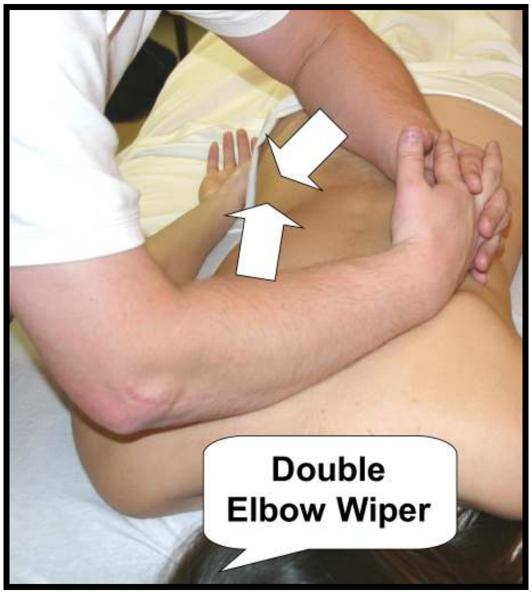


***Glide your forearm over their shoulder (Alternate forearms).**

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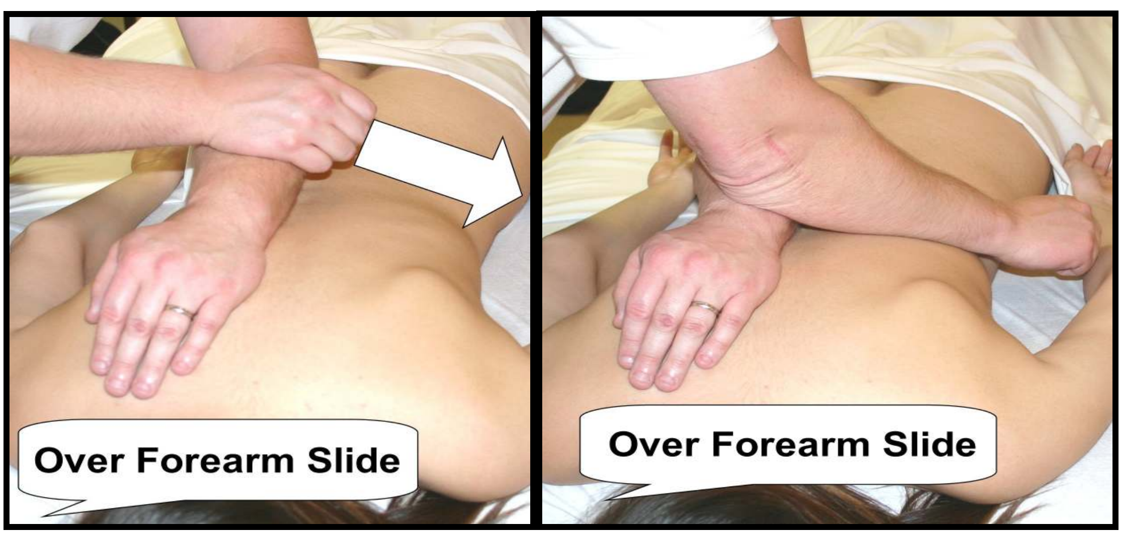


*Start your forearm up (Non hairy side up) and rotate forearms out (So you can see the hairy side).

A.


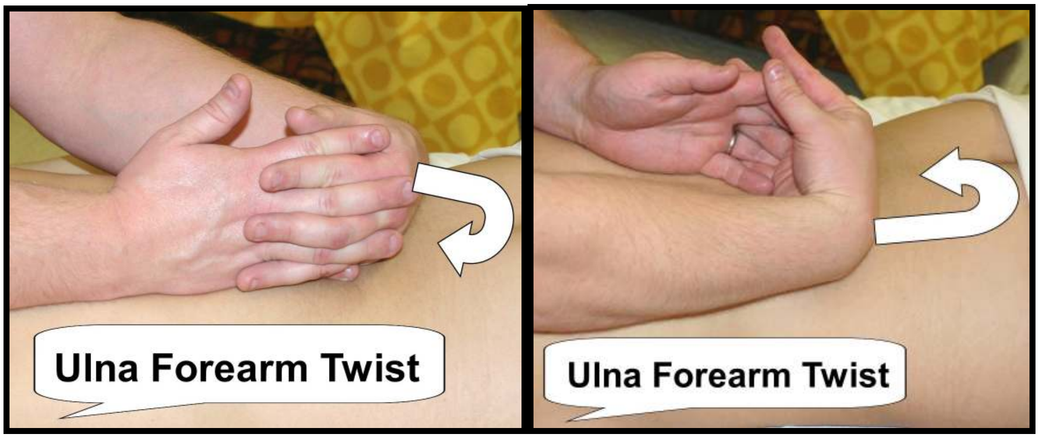
B.


A. Interlock your fingers and bring your elbows together (Perform it back and forth).
B. Interlock your fingers and bring your elbows together at different angles (Perform it back and forth).



*Glide over your planted forearm.

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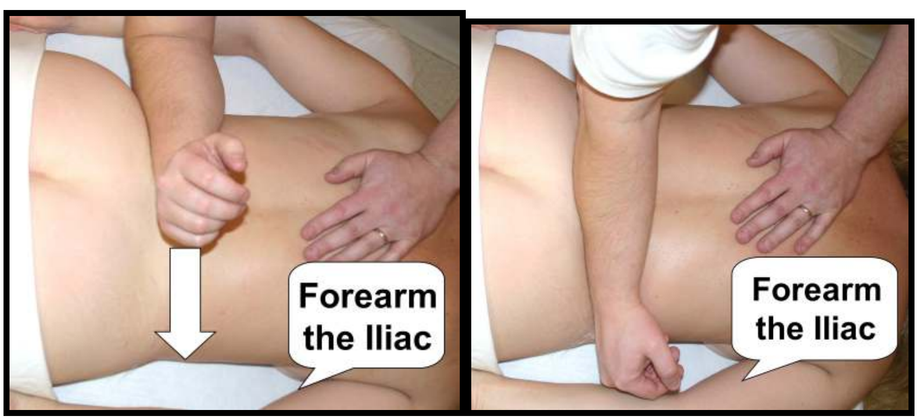


*Interlock your fingers and twist your arms back and forth.

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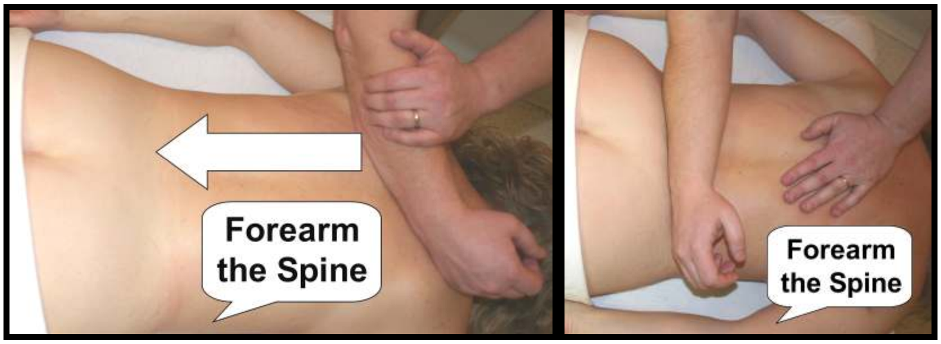


*Glide your forearm around their neck.



*Use your forearm over their iliac crest region.

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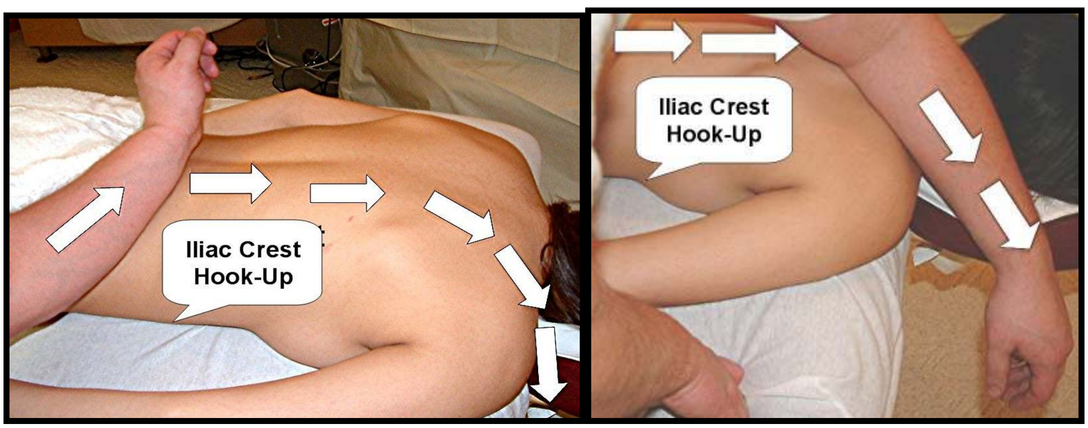


*Place your forearm on their spine and end at the iliac crest.

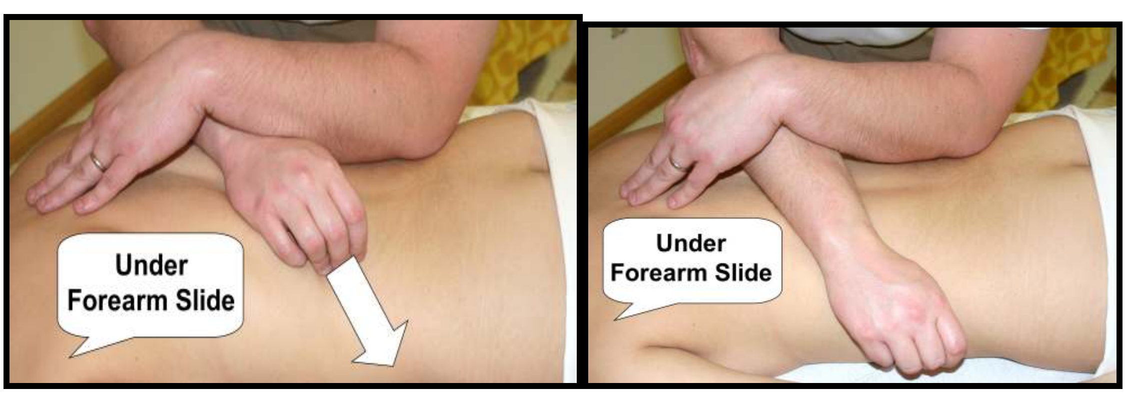


*Cross your arms and then glide.

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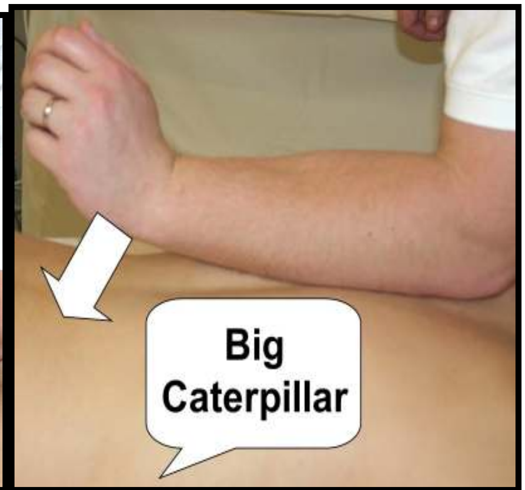
*Hook around their iliac crest, and then glide up their back and finishing around their shoulder.



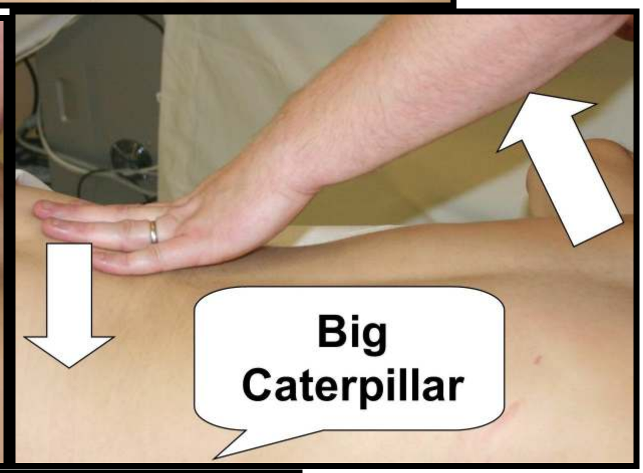
*Glide under your plated forearm.

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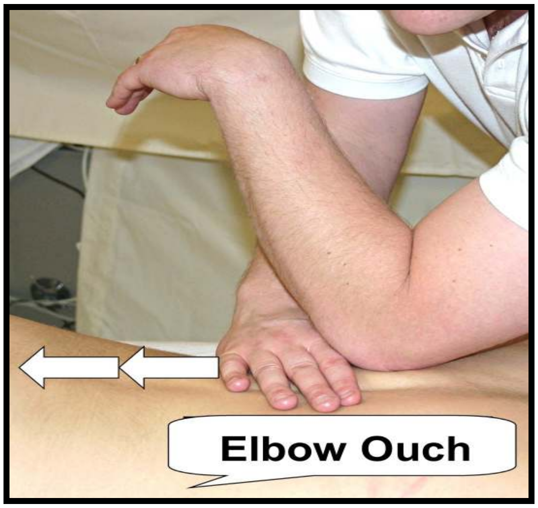


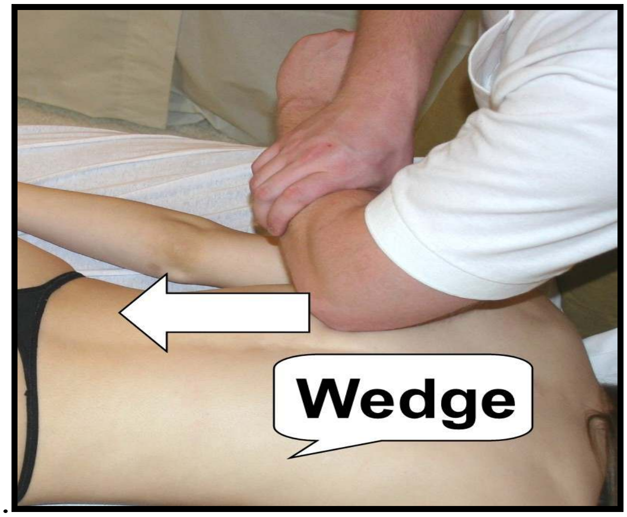
***Elbow, Forearm, Palm, fingers and then off (Try it the opposite way).**

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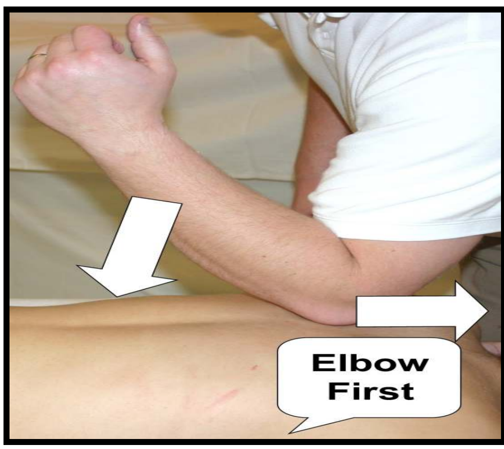
Elbow Friction

A. 

B. 

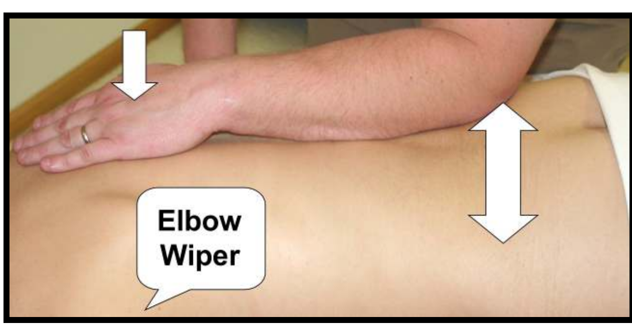
A. Make an "L' with your planted hand, then place your elbow into the "L'.

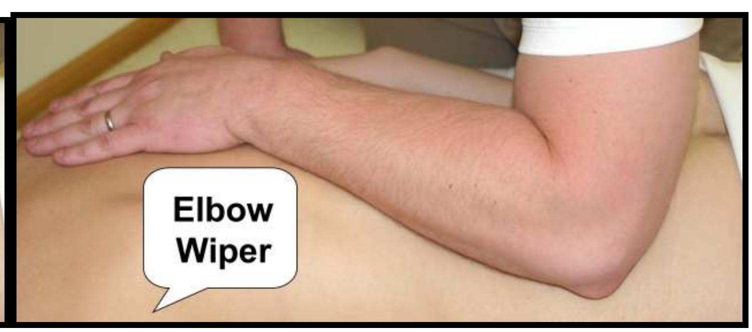
B. Place your hand on your forearm, then angle your forearm/elbow (Along the side of their spine).





***Extend your elbow when you slide towards you.**

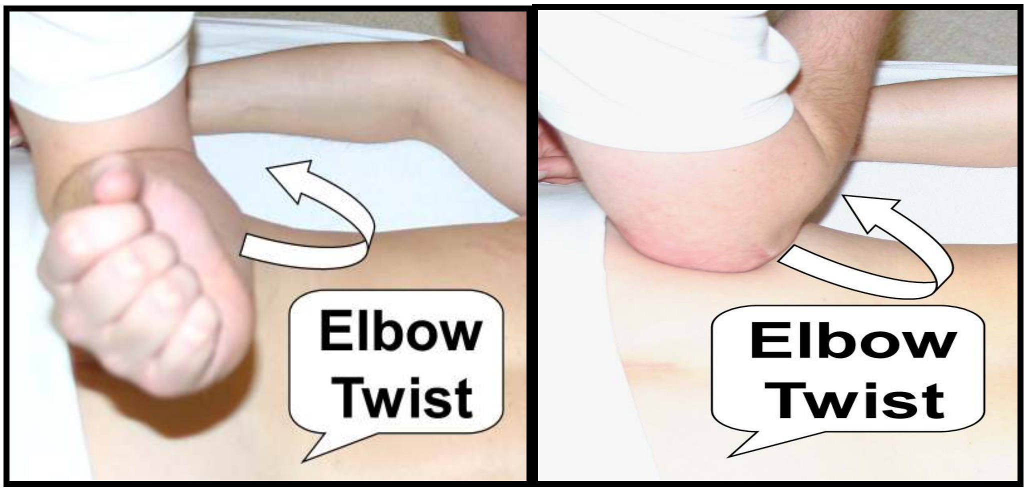




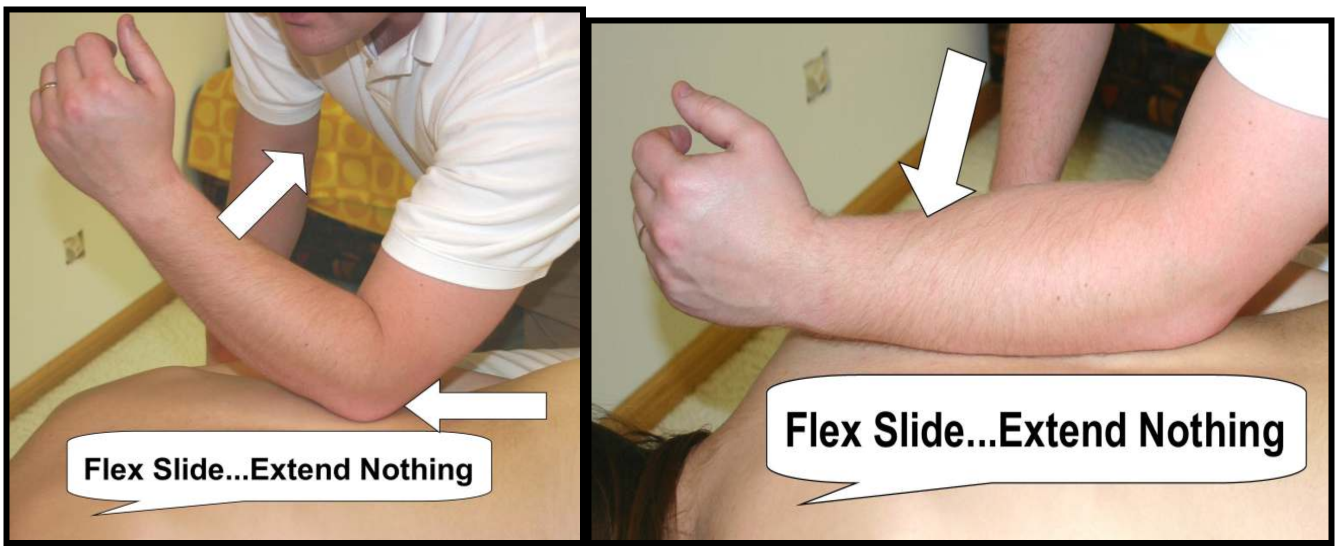
***Plant your palm, then glide your elbow into their iliac crest back and forth (Back off the pressure over the spine).**

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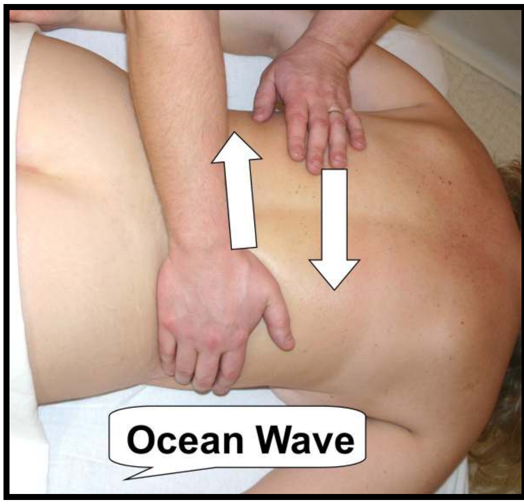
*Plant your elbow, and then twist.

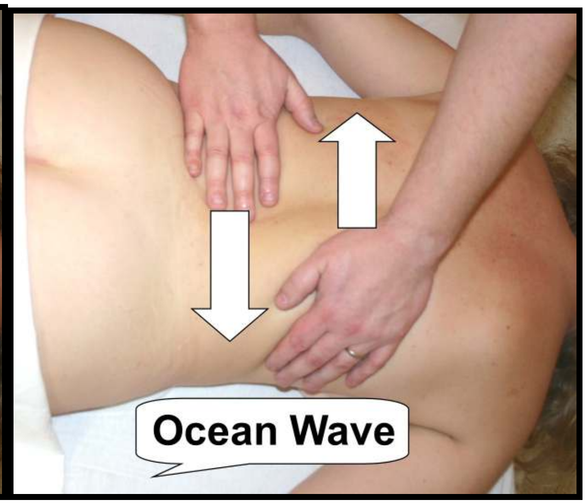


*Flex your elbow and slide, and then extend your elbow and don't move it.

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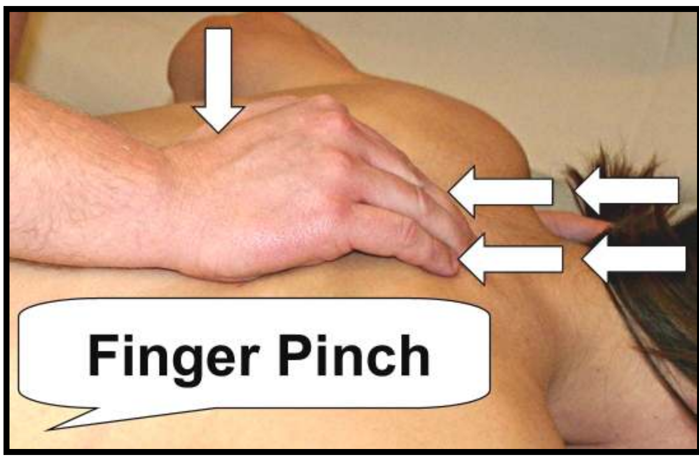
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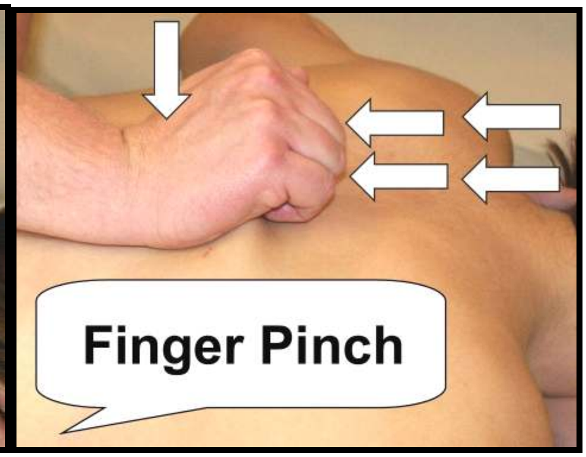




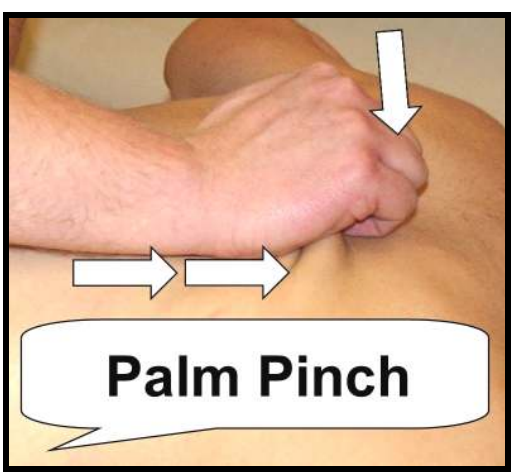
*Glide across their body in opposite directions (Try and grasp some muscles on your way).

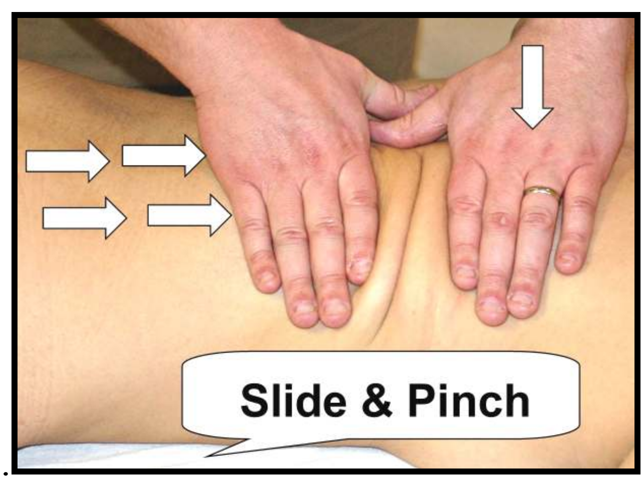
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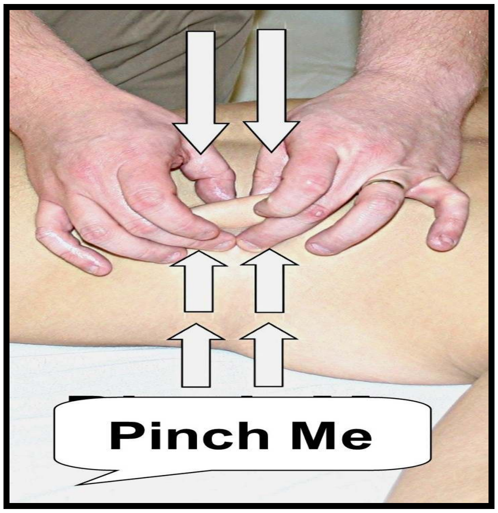


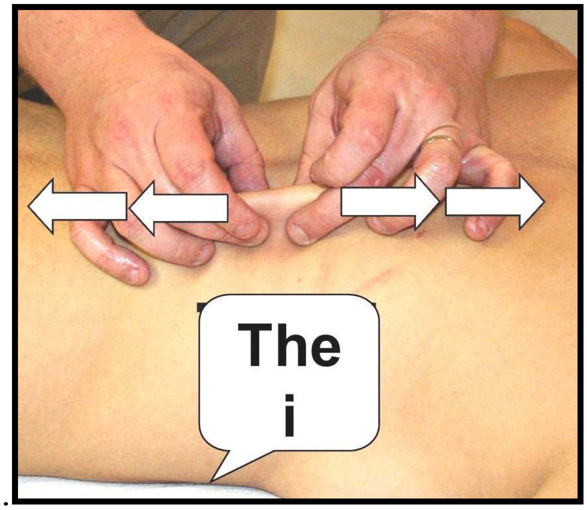
*Plant your palm and slide your fingers to your palm (Try and grasp some muscles on your way).

A.


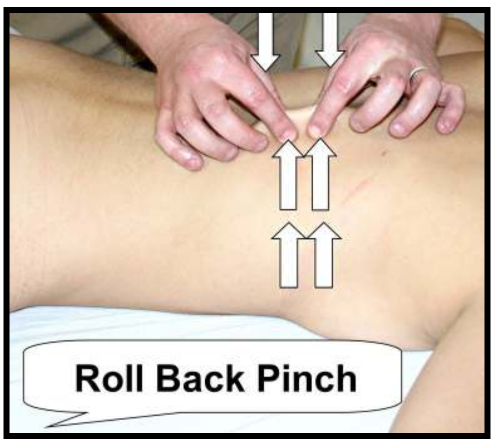
B.


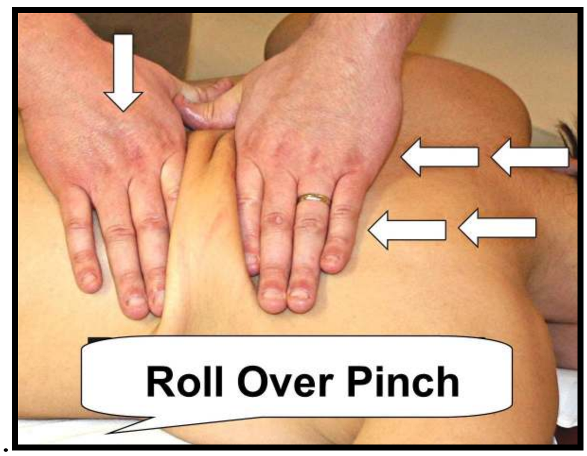
A. Plant your fingers and slide your palm to your fingers (Try and grasp some muscles on your way).
B. Plant one hand and slide your other hand into the planted hand (Try and grasp some muscles on your way).

A.


B.


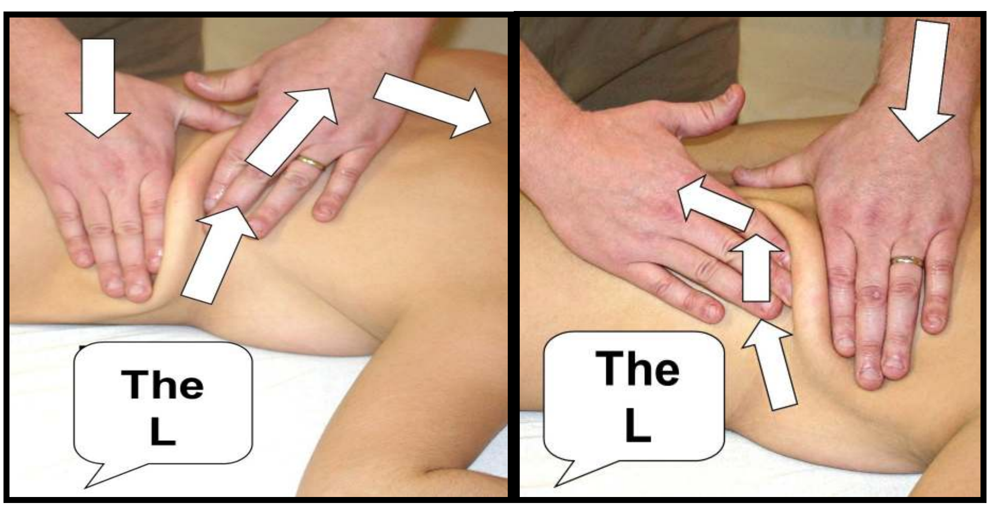
A. Grasp some muscle with your fingers and pull up.
B. Grasp some muscle with your fingers and pull apart.

A.


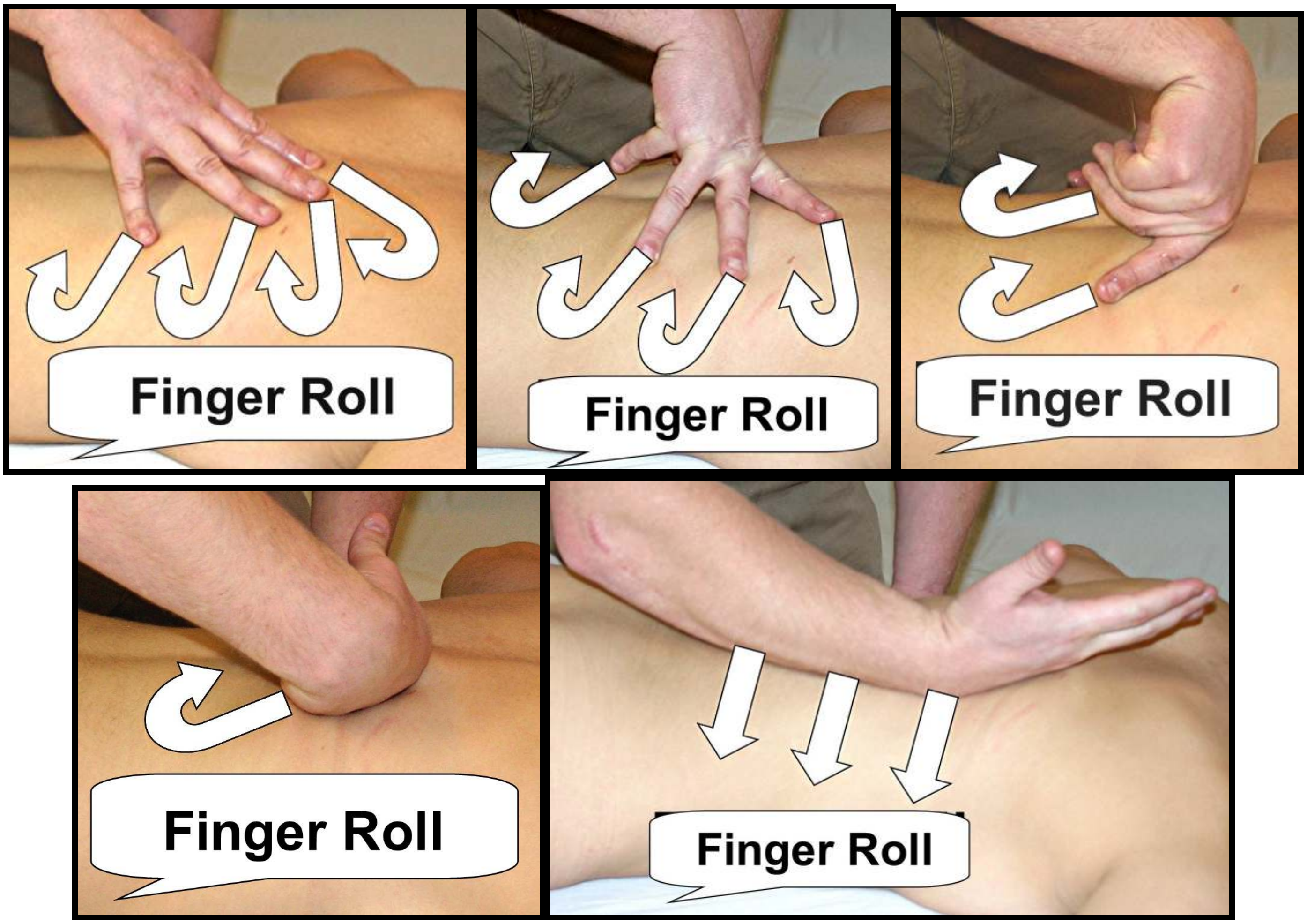
B.


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A. Plant your thumbs and roll muscle over them.
B. Plant your hand and roll muscle over it.

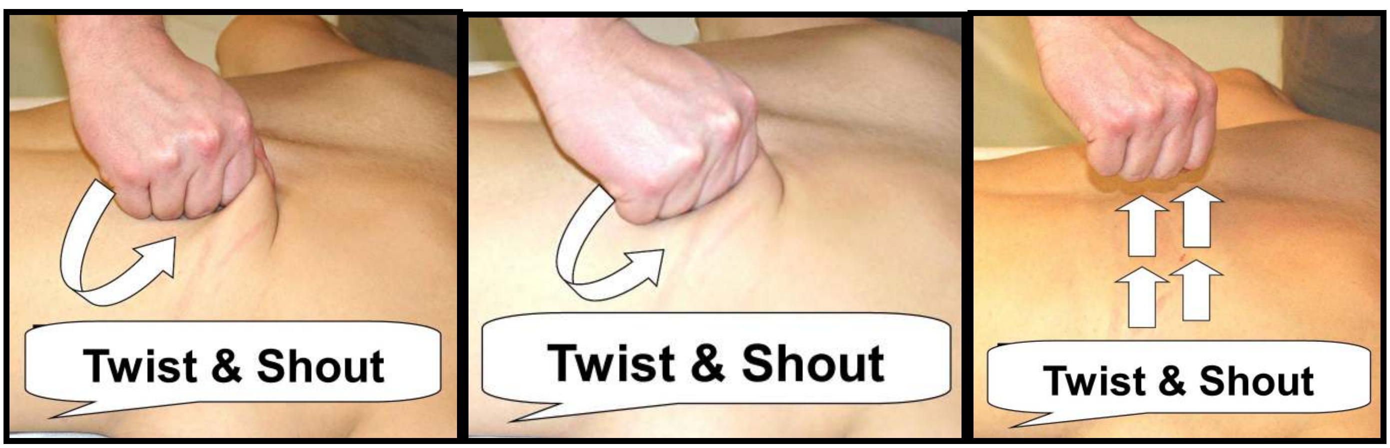


*Plant one hand in the shape of an "L" and slide the other hand in the "L" (Try and grasp some muscles on your way).

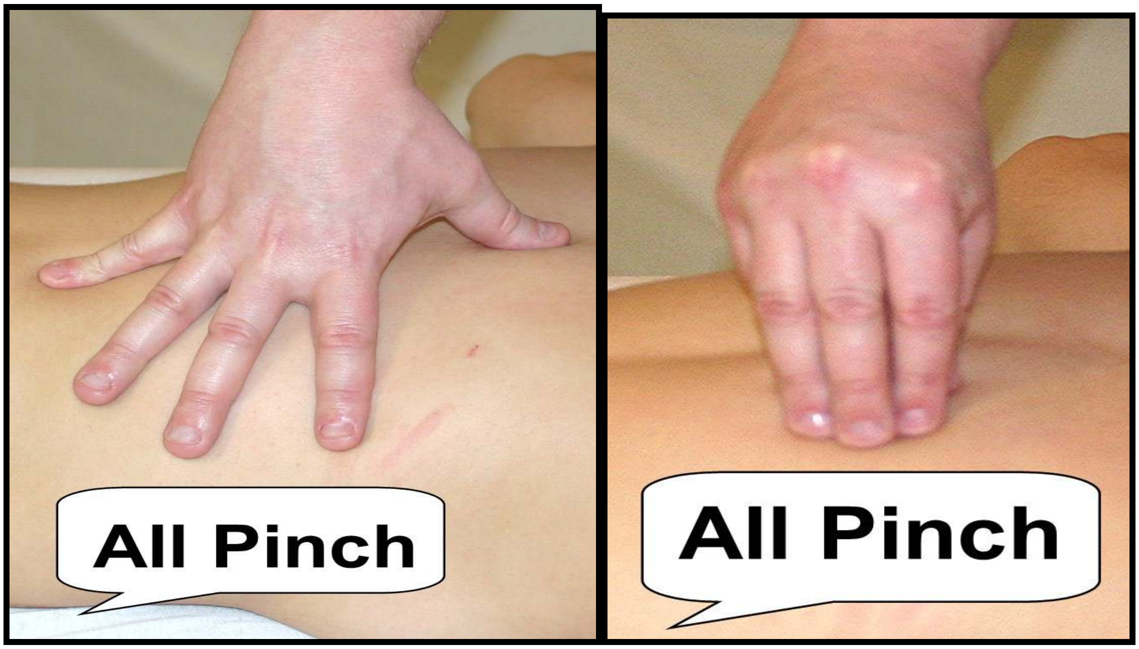


*Flick each finger individually (In a circle) and finish with a knuckle/forearm. (Try and grasp some muscles on your way).

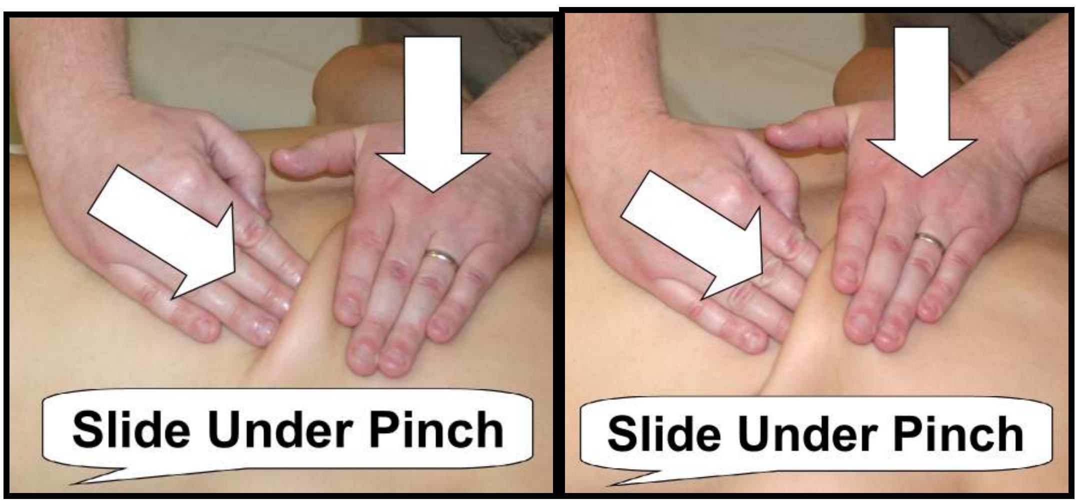
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*Grab some muscle, twist it, and then pull off of it.



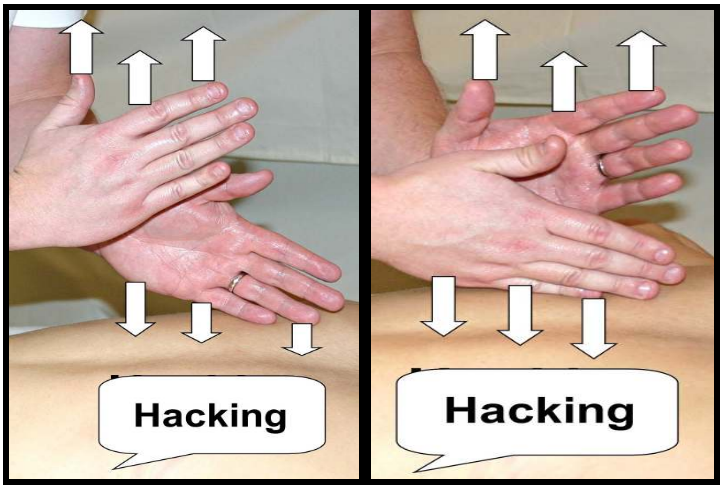
Start with fingers expanded and slowly close them (Grab muscle when you bring your fingers together).

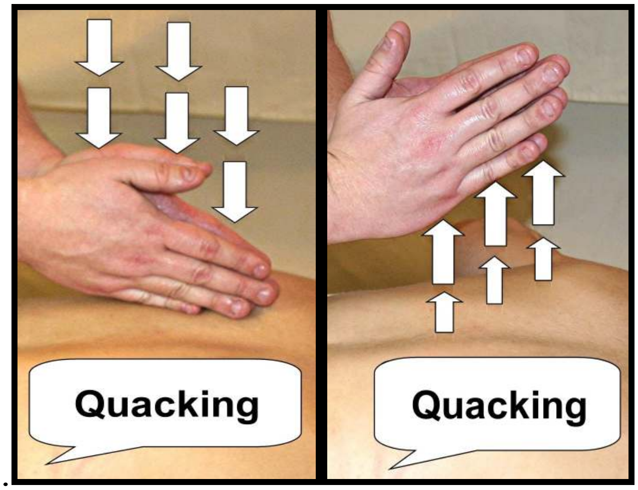


Plant one hand and have the other hand slide under and pinch.

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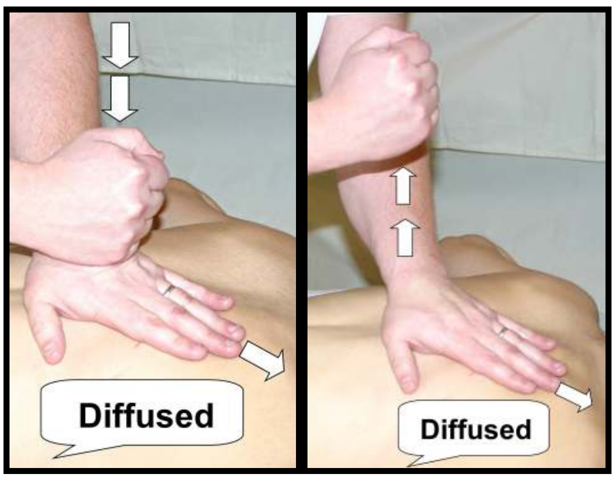
TAPOTEMENT

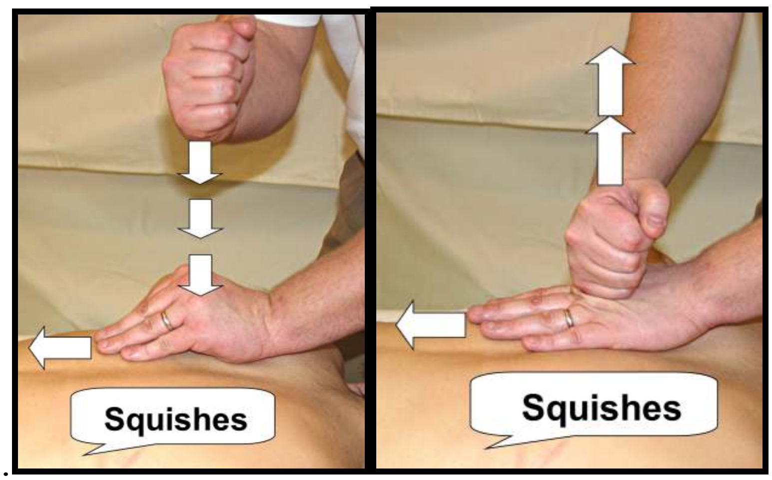
A.


B.


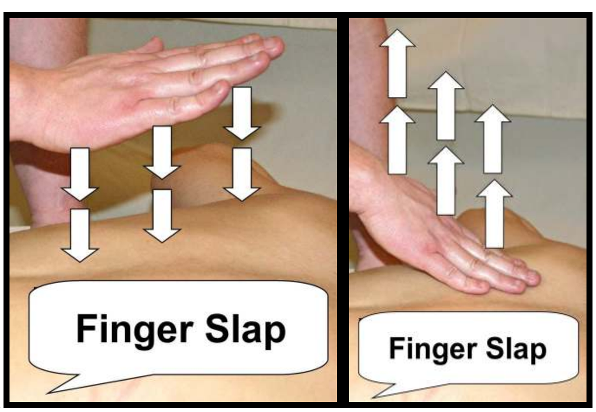
A. Strike with your ulna side of your hands (Alternate).
B. Hold both hands together and strike with the ulna side of your hands.

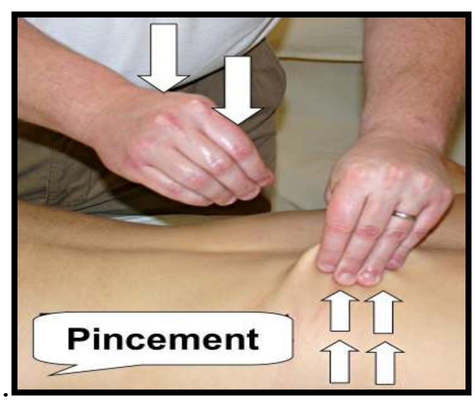
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A.


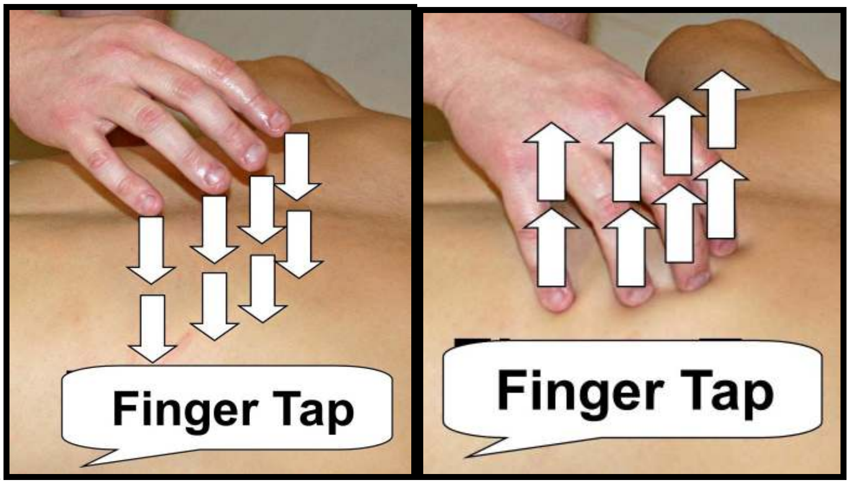
B.


A. Strike your flat hand.
B. Strike your cupped hand, when you hit it, it should flatten out.

A.


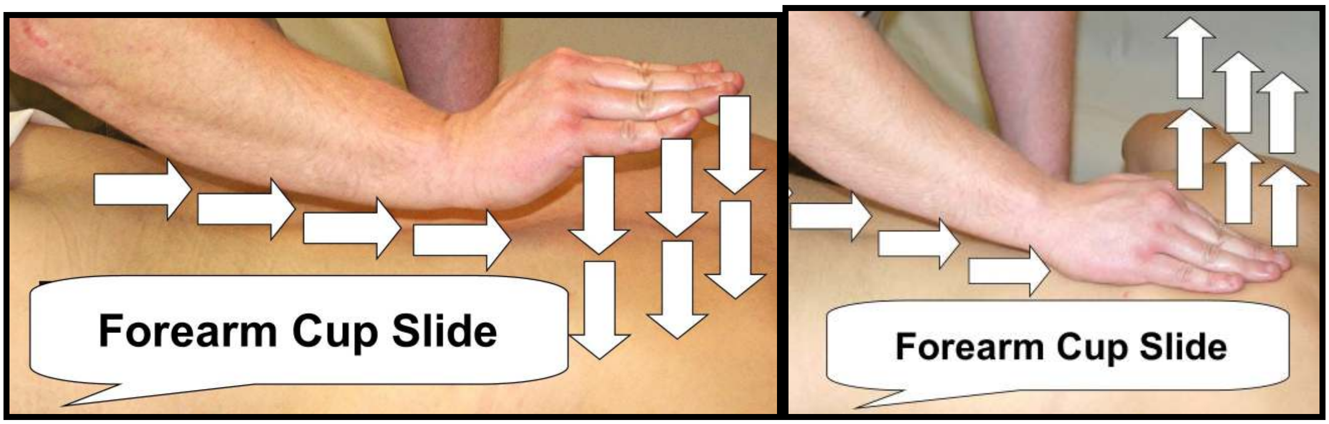
B.


A. Strike only with your finger tips.
B. Grasp some muscle and pull it up and let it go (Alternate).

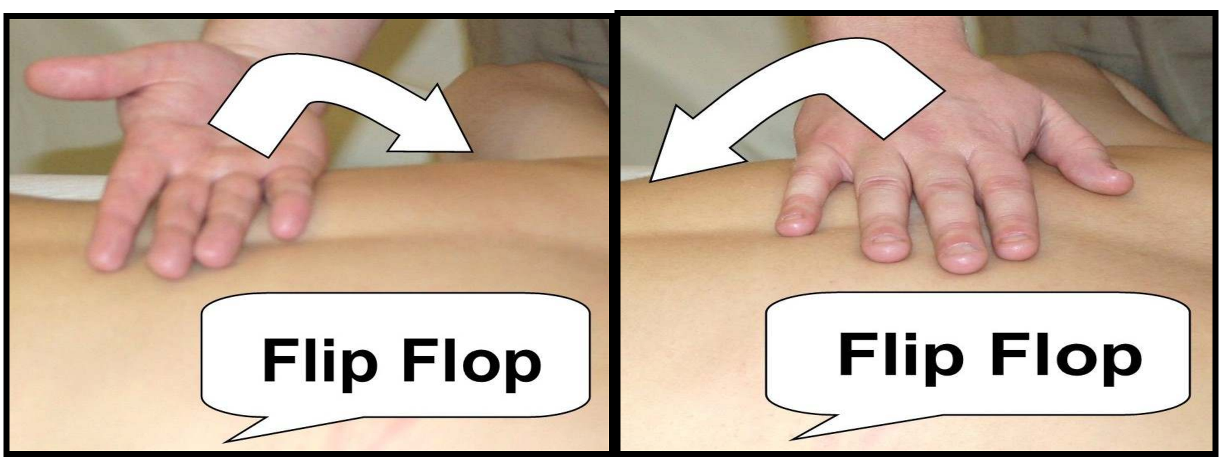
A.


B.


A. Tap your finger tips (Alternate).
B. Strike at the teres muscle region (Alternate).



*Slide your forearm and alternate cupping your cupped hand.



*Flip your hand back and forth.

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A. 

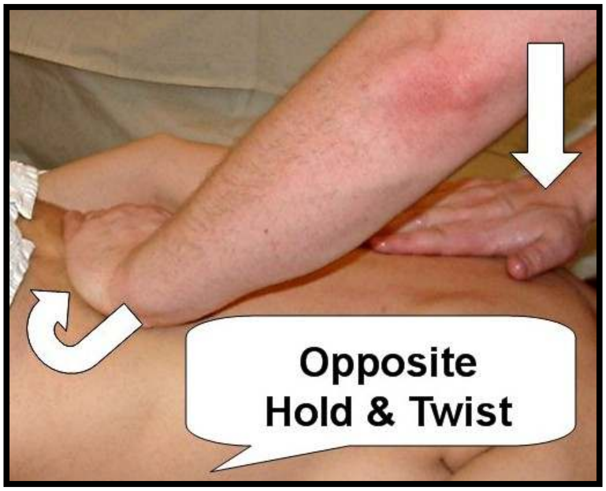
B. 

A. Glide your palm and slap your palm (Alternate).
B. Glide your forearm and slap your forearm (Alternate).

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BROADENING

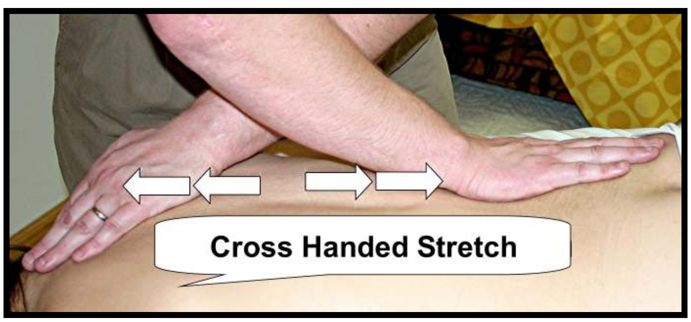


A.



B.

A. Plant one hand and glide the other hand down to their low back and then twist that hand
B. Plant one hand and glide the other hand down their back

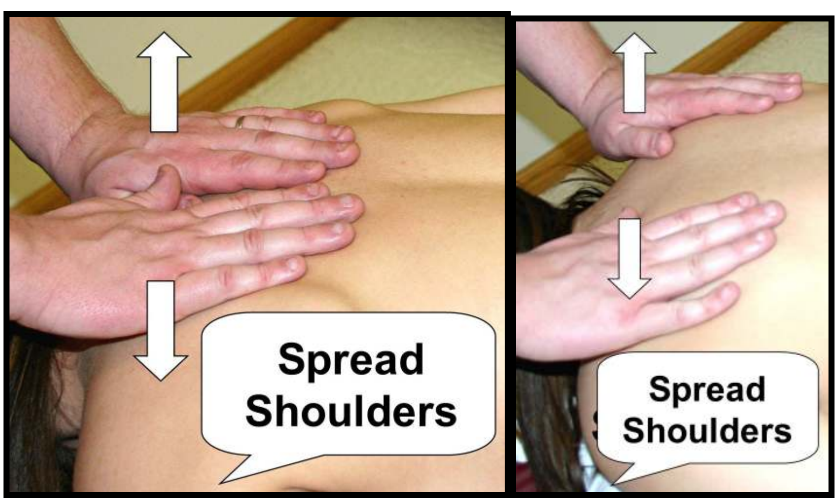


A.

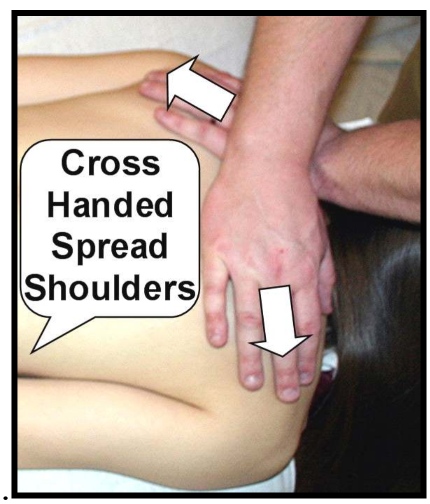


B.

A. Cross your hands and glide
B. Cross your hands and glide on their spine (Light)



A.



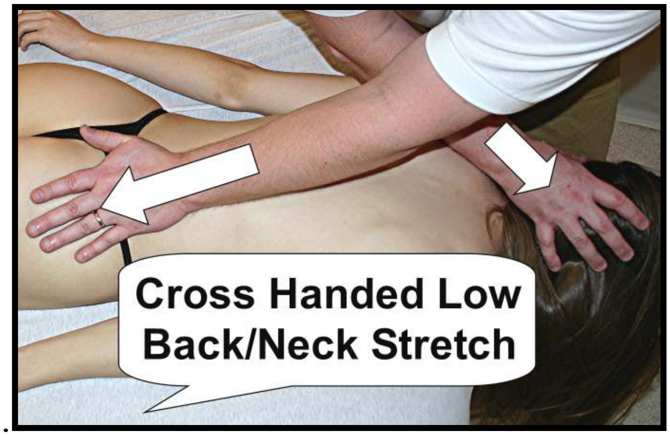
B.

A. Separate their shoulders with your palms or forearms
B. Separate their shoulders with your palms or forearms (Your hands are crossed)

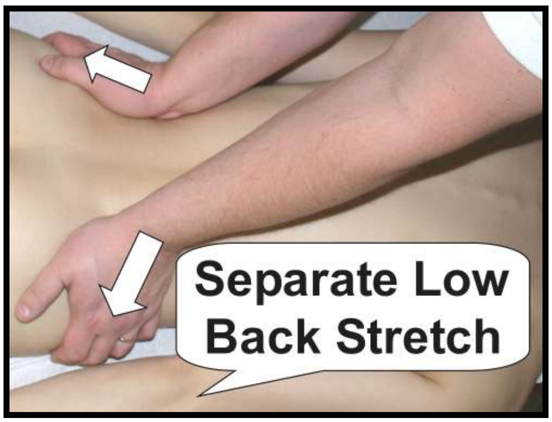
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A.

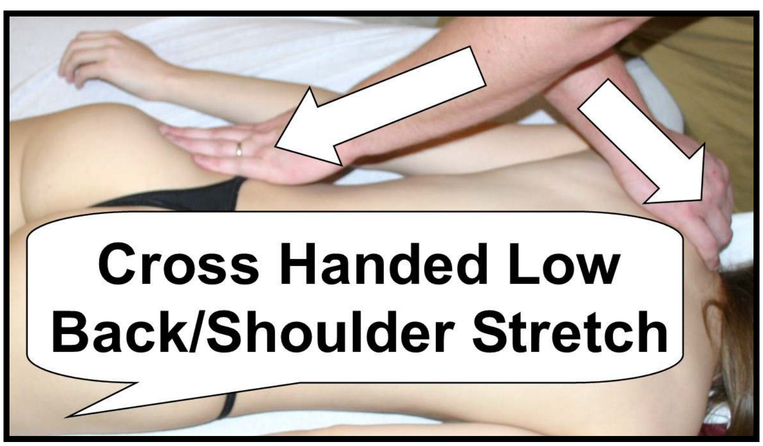

B.


A. Hook your palm under their occipital ridge (Hold it their) and glide down their shoulder
B. Hook your palm under their occipital ridge (Hold it their) and glide down their back

A.


B.


A. Glide off their low back region
B. Hook your hand on their hip and glide up their back

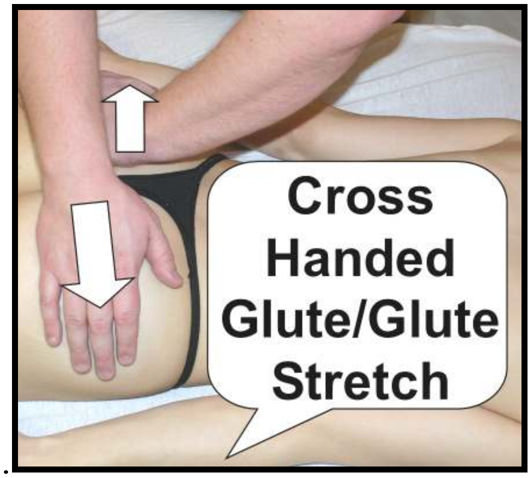
A.


B.

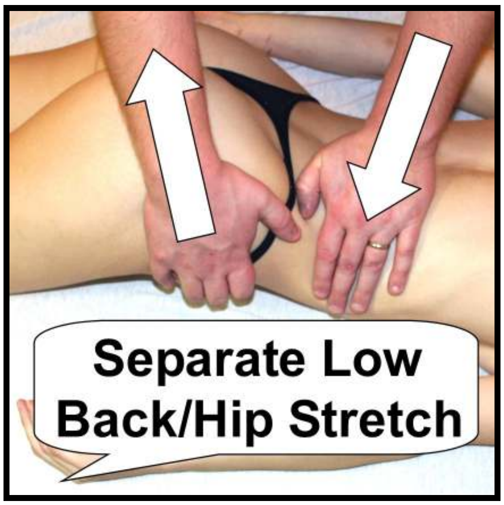

A. Hook your hand on their hip and glide up to their shoulder
B. Glide up their glutes and down their hams

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A. 

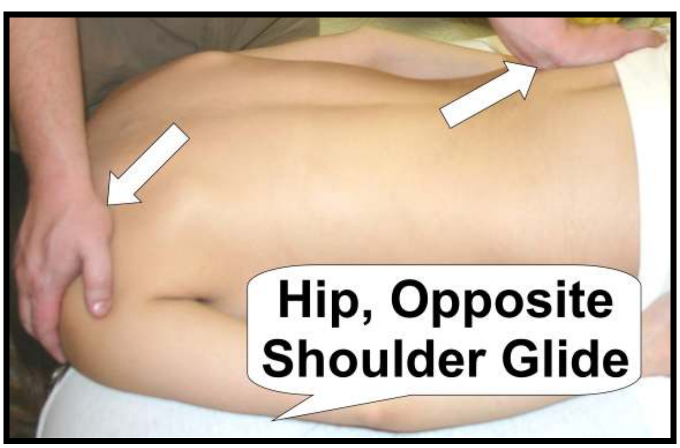
B. 

A. Plant your hand on their glute and glide up their back
B. Separate their glutes

A. 

B. 

A. Pull up their hip and glide around their low back
B. Pull their arm and glide down their back



*Hook your hand on their hip and glide up their opposite shoulder

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